

My Toothbrushing Chart



Use toothpaste with fluoride

Fluoride is a natural mineral that strengthens teeth against cavities.

Use a small dollop the size of a grain of rice for children ages 1 to 3.

Increase to a pea-size amount for children ages 4 and up.



Brushing

Brush for 1 to 2 minutes.

Brush teeth, gums and tongue.



Establish a routine

Brush after breakfast and before bedtime.

Never skip the bedtime brushing.



Cooperation

Let kids participate in brushing their own teeth.

Fine motor coordination happens around 7 to 8 years, so they'll need some help until then.

Week 1



Week 2



Week 3



Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

| | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |



BOUGHT TO YOU BY



Children's Hospital Colorado

Laredo Kid's Clinic
1420 Laredo St.
Aurora, CO 80011

Crawford Kid's Clinic
1600 Florence St.
Aurora, CO 80010

For appointments
please call
720-777-8875

Children's Hospital Colorado complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. • ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-720-777-1234. • CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-720-777-1234. POP-56469-2018-08