

your name here

Brush Chart



This brush chart is designed to help you establish a brushing routine that's twice every day for 2 minutes – once after breakfast and once before you go to bed at night.

If you ask an adult you might even be able to earn a reward for having all your brushing times ticked off!

Tick off the boxes each time you brush. Don't miss any!	Week 1 Rāwhiti 1		Week 2 Rāwhiti 2		Week 3 Rāwhiti 3		Week 4 Rāwhiti 4	
Monday Rāhina	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday Rātu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday Rāapa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday Rāpare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday Rāmere	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday Rāhoroi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday Rātapu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Instead of rinsing your mouth out with water after brushing, swish the toothpaste around between your teeth, then spit!

To Parents and Caregivers...

This chart is designed to help your child develop a positive approach towards brushing. The earlier a brushing routine is established, the more it will serve your child throughout their life.

You, of course, play a vitally important role here. We encourage you to discuss the brushing chart with your child and ensure that they are equipped with a soft bristled toothbrush and full fluoride toothpaste. We'd also encourage you to agree on a small reward for your child once they have completed the brushing chart. Children generally respond well to that.

Thank you for supporting your child's oral health.

For more information on the Bee Healthy Regional Dental Service, or to enrol your child, visit www.beehealthy.org.nz or call 0800 TALK TEETH (0800 825 583).

