



Name: _____

I brushed my teeth!

	Week 1 Rawhiti 1		Week 2 Rawhiti 2		Week 3 Rawhiti 3		Week 4 Rawhiti 4	
	Morning Ata	Evening Ahiahi	Morning Ata	Evening Ahiahi	Morning Ata	Evening Ahiahi	Morning Ata	Evening Ahiahi
Monday Rāhina								
Tuesday Rātū								
Wednesday Rāapa								
Thursday Rāpare								
Friday Rāmere								
Saturday Rāhoroi								
Sunday Rātapu								

Colour in each day after you brush!

Brush teeth for 2 minutes, twice a day with fluoride toothpaste.

Spit, don't rinse after brushing so the fluoride can protect teeth after brushing.

Parents/caregivers, please help your child brush their teeth, especially at night before bedtime.

For help or information, contact Bee Healthy Regional Dental Service: 0800 TALK TEETH (0800 825 583) www.beehealthy.org.nz