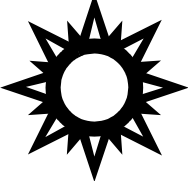

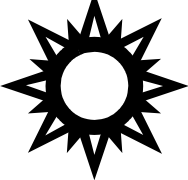

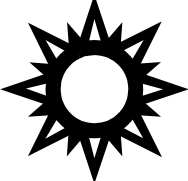

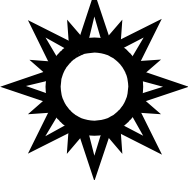

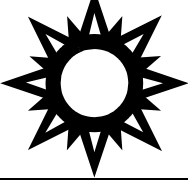

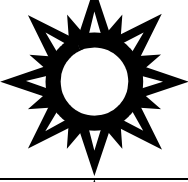





To keep your teeth and gums healthy you must brush your teeth **twice** a day. Place a sticker on this tooth-brushing chart every morning and every night after you have brushed your teeth. Complete this sheet the week after your dental health check, place it back in your Pirate's Club pack and remember to bring it back at your next 6 monthly check so your dentist can see how you are doing. **Parents**, you may want to supervise this activity to ensure there is no cheating!!

Tooth Brushing Chart

Day	Morning	Night
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday	