Make a Smile

Children's Dental · Orthodontics · Endodontics

HEY KIDS!

For healthy teeth, it's important to BRUSH AND FLOSS everyday!
If I can do it with my hooves, you should have no trouble at all!

Brush twice a day for 2 minutes with fluoridated toothpaste. Make sure you get the front, back, and tops of your teeth!

Floss before bedtime to get any bits of food hiding between your teeth. Yuck!

Use this chart to keep track of your progress, and we'll see you at MAKE A SMILE for your next appointment!

M	T	W	TH	F	SAT	SUN
BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH
BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH
BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH
BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH	BRUSH	FLOSS	BRUSH