

DAILY DENTAL HYGIENE & GIFT CHART

Every student must brush the teeth twice daily (Morning and at bed time) and parents should mark on the chart every day and sign on it every month.

On completion of the chart return it to the school nurse and claim a FREE GIFT and a new chart.

Mark the chart like this MORNING EVENING

Student Name _____ Reg. No.

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School Name _____ Class _____

DECEMBER						JANUARY						FEBRUARY					
SAT		6	13	20	27	SAT	31	3	10	17	24	SAT		7	14	21	28
SUN		7	14	21	28	SUN		4	11	18	25	SUN	1	8	15	22	
MON	1	8	15	22	29	MON		5	12	19	26	MON	2	9	16	23	
TUE	2	9	16	23	30	TUE		6	13	20	27	TUE	3	10	17	24	
WED	3	10	17	24	31	WED		7	14	21	28	WED	4	11	18	25	
THU	4	11	18	25		THU	1	8	15	22	29	THU	5	12	19	26	
FRI	5	12	19	26		FRI	2	9	16	23	30	FRI	6	13	20	27	

Parent's Sig. _____ Parent's Sig. _____ Parent's Sig. _____

MARCH						APRIL						MAY					
SAT		7	14	21	28	SAT		4	11	18	25	SAT	30	2	9	16	23
SUN	1	8	15	22	29	SUN		5	12	19	26	SUN	31	3	10	17	24
MON	2	9	16	23	30	MON		6	13	20	27	MON		4	11	18	25
TUE	3	10	17	24	31	TUE		7	14	21	28	TUE		5	12	19	26
WED	4	11	18	25		WED	1	8	15	22	29	WED		6	13	20	27
THU	5	12	19	26		THU	2	9	16	23	30	THU		7	14	21	28
FRI	6	13	20	27		FRI	3	10	17	24		FRI	1	8	15	22	29

Parent's Sig. _____ Parent's Sig. _____ Parent's Sig. _____

3. How to choose the correct tooth brush? *Ans. Children need to use child's size tooth brush. These are designed specifically for the size & shape of child's mouth & hands. Use soft brush so that it is gentle on gums.*
4. What kind of toothpaste should I use? *Ans. Use a fluoride toothpaste to help strengthen the enamel on your teeth.*
5. How can I make oral care interesting for my child? *Ans. Oral care can be made fun & interesting by parents joining with them for brushing & flossing. Bright colors & fun patterns of tooth brush can also make oral care fun.*

Help Zeina send star charms to smiley



SHOW OFF your smile



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