

brush-baby

toothbrushing diary

add a tick to your chart once you have brushed your teeth every morning & every night



twice a day
remember to brush
every morning
& every night



are you under 3?
then make sure you
only use a smear
of toothpaste

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



time yourself
make sure you
keep brushing
for 2 minutes!



Scan the code
to stream our fave
toothbrushing tunes!

www.brushbaby.com