



Tending to your teeth.

Let's begin with brushing. Two minutes. Two times a day. It keeps your teeth, and your dentist, happy. It also helps keep your smile clean and cavity-free. Well, we can't promise anything, but we know good hygiene habits lead to good dental health outcomes.

Use this chart to track two months of successful brushing and flossing. Yes, flossing. Ideally you always floss when you brush, but you should make sure you floss once daily and dance while you're doing it. Make flossing fun! Make hygiene happy. And if you come up with a prize for pulling this all off, even better. Just no candy please, because that would be counter productive.



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