



Dr. Brushwell's Brushing Chart



"I am Dr. Brushwell – and this is my brushing chart! It will help you remember to brush your teeth with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime."



Start Date

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Kids: Using crayons or colored pencils, choose a color to use on the chart. Choose a different color for each family member who may be brushing with you. Check off (✓) each time you brush, morning and night, and have your family make check marks when they brush with you!

You did it!



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Bright Smiles. Bright Futures™



My Adventures in Tooth Kingdom

Name:

Date:



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Game Instructions

Object: Be the first player to circle the board and reach the center.

Getting Ready:

You will need:

- 1. Cut out the 12 numbered playing cards below.
- 2. Gather different coins, buttons or other small tokens so that each player has a different playing piece.

How to Play:

- 1. Mix up the playing cards and turn them with the numbers facing down. Each child chooses a game piece and places it in a corner of the board.
- 2. To determine who goes first, each player draws a card. Whoever draws a "3" starts the game. If more than one player draws a 3, they redraw until only one player draws a 3. Reshuffle cards to begin.
- 3. The starting player draws a card and follows the arrow to move his/her playing piece clockwise the number of spaces indicated on the card (1, 2 or 3). If he/she lands on a space with special directions, he/she must follow the directions. If the player lands on a blank space, his/her turn ends.
- 4. Play continues clockwise around the board, with each player moving in turn. More than one player may land on the same "space."
- 5. The first player to circle the board, arrive back in their starting corner, and follow the colored path to the center square wins the game!

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