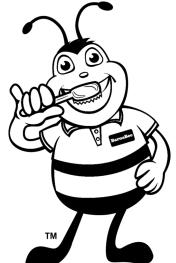
Name:



## Colour in each day after you brush!

Brush teeth for 2 minutes, twice a day with fluoride toothpaste.

Spit, don't rinse after brushing so the fluoride can protect teeth after brushing.

Parents/caregivers, please help your child brush their teeth, especially at night before bedtime.

For help or information, contact Bee Healthy Regional Dental Service: 0800 TALK TEETH (0800 825 583) www.beehealthy.org.nz

## I brushed my teeth!

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