

Teeth Brushing Calendar

Brush twice a day, floss daily, and use mouthwash* daily.

*Mouthwash is for ages 6 and older.

Check each box when you brush, floss, or rinse.

Month _____

Name _____



BAY AREA KIDS
DENTIST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH
 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH
 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH
 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH
 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH	 ☐ BRUSH A.M.  ☐ BRUSH P.M. ☐ FLOSS ☐ MOUTHWASH

Complete your calendar, bring it to the office, and pick out a special prize!