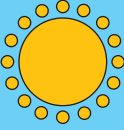
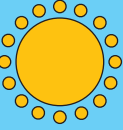




Supervised Toothbrushing Scheme
for 3–5 year olds (3+ SEND schools)

Toothbrushing chart

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Day		☐	☐	☐	☐	☐	☐
	Evening		☐	☐	☐	☐	☐	☐
Week 2	Day		☐	☐	☐	☐	☐	☐
	Evening		☐	☐	☐	☐	☐	☐

Remember! Brush your teeth before bed and at least one other time in the day

Use a smear of fluoride toothpaste for children up to the age of 3 and a pea sized amount for children aged 3 years and above.

Spit out toothpaste after brushing, don't rinse!