

Brushing My Teeth

Which one is looking after his teeth?

✓ GOOD



- ✓ Brushing at the sink
- ✓ Correct grip on the brush
- ✓ Two minutes, all four zones
- ✓ Calm and unhurried

✗ NOT YET



- ✗ Walked away from the sink
- ✗ Toothbrush still dry
- ✗ Toothpaste not opened
- ✗ Skipped it today

Remember:

Four zones. Two minutes. Twice a day.