

# My Brushing Chart!



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Hello, \_\_\_\_\_  
(CHILD'S NAME)

For two minutes we're going to  
**brush, brush, brush,**  
**polish, polish, polish,**  
**floss, floss, floss aaaand spit!**

Are your toothbrush, toothpaste and floss ready?  
Okay, here we go, flip that egg timer and sing!

Start  
Here

Keep  
it up!

You're  
on a roll!

You  
did it!

Almost  
there!

The Elders say life's a feast. So do your best when you brush your teeth.

To all our teeth, \_\_\_\_\_

We'll polish you row by row. With oral health we are the boss,  
when we brush and spit and floss.

Keep going. Sing it twice!