SESAME STREET

brushy brush chart

healthy teeth, healthy me

Use this chart every time you brush. Ask a grown-up to hang it somewhere that is easy for you to see. When you finish brushing, make a ✔ for a job well done. Fill in the chart to show your Super Brusher skills!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

TM / © 2012 Sesame Workshop.

Questions and Answers for Grown-Ups

Check out these answers to some of the most common questions about caring for young children's teeth:

Q: What kind of toothbrush should my child use?

A: Look for child-size brushes with small heads. Bristles should be soft or extra soft. Let your child choose the color to get him excited about brushing.

Q: How much toothpaste should children use?

A: A smear for children under age 2; a pea-size amount for children ages 2 to 5.

"Sesame Street®", "Sesame Workshop®", and associated characters, trademarks, and design elements are owned by Sesame Workshop. © 2012 Sesame Workshop. All Rights Reserved.