



Name: _____

Date: _____

Super Smiles Checklist

Directions: At the end of each day (or the next day in class), add check marks or stickers for completing each task. Draw a smiley face above the days you did everything you should do to keep your teeth healthy.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Brush teeth at least twice.							
Floss at least once.							
Avoid sweets and sugary drinks.							



Super Smiles tips:

- **Brush your teeth at least twice a day.** Brush with fluoride toothpaste after every meal, or at least twice a day, especially before bedtime. Make sure to brush up and down in a circular motion, and gently brush your gums, too.
- **Floss at least once a day.** This removes plaque and food that's stuck between your teeth. Before bedtime is a good time to floss
- **Avoid sweets and sugary drinks.** Instead of drinking juice or soda, have water or low-fat milk. Calcium in milk helps keeps your teeth strong.



Super Smiles Checklist

Instructions: Hang this chart in the bathroom where you brush your teeth. Add check marks or stickers for completing each task. Draw a smiley face above the days you did everything you should do to keep your teeth healthy.

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