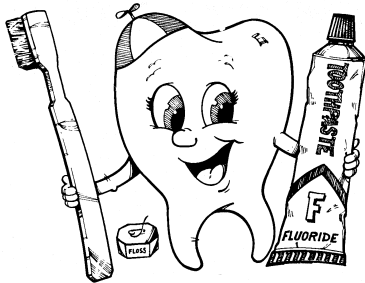


# Daily Flossing and Brushing

Name: \_\_\_\_\_

*Tape this chart to your bathroom mirror or wall. Put a happy face 😊 in the box when you brush and floss each day!*



## Week 1

|           |  |
|-----------|--|
| MONDAY    |  |
| Floss     |  |
| Brush     |  |
| TUESDAY   |  |
| Floss     |  |
| Brush     |  |
| WEDNESDAY |  |
| Floss     |  |
| Brush     |  |
| THURSDAY  |  |
| Floss     |  |
| Brush     |  |
| FRIDAY    |  |
| Floss     |  |
| Brush     |  |
| SATURDAY  |  |
| Floss     |  |
| Brush     |  |
| SUNDAY    |  |
| Floss     |  |
| Brush     |  |

## Week 2

|           |  |
|-----------|--|
| MONDAY    |  |
| Floss     |  |
| Brush     |  |
| TUESDAY   |  |
| Floss     |  |
| Brush     |  |
| WEDNESDAY |  |
| Floss     |  |
| Brush     |  |
| THURSDAY  |  |
| Floss     |  |
| Brush     |  |
| FRIDAY    |  |
| Floss     |  |
| Brush     |  |
| SATURDAY  |  |
| Floss     |  |
| Brush     |  |
| SUNDAY    |  |
| Floss     |  |
| Brush     |  |

### Tips on Dental Health:

- Brush and floss daily
- Use a fluoride toothpaste
- Limit foods that are high in sugar
- Have a check-up once a year

**For more information call the Oral Health Program at 306-655-4462,  
or contact us at [oralhealthprogram@saskatoonhealthregion.ca](mailto:oralhealthprogram@saskatoonhealthregion.ca).**

