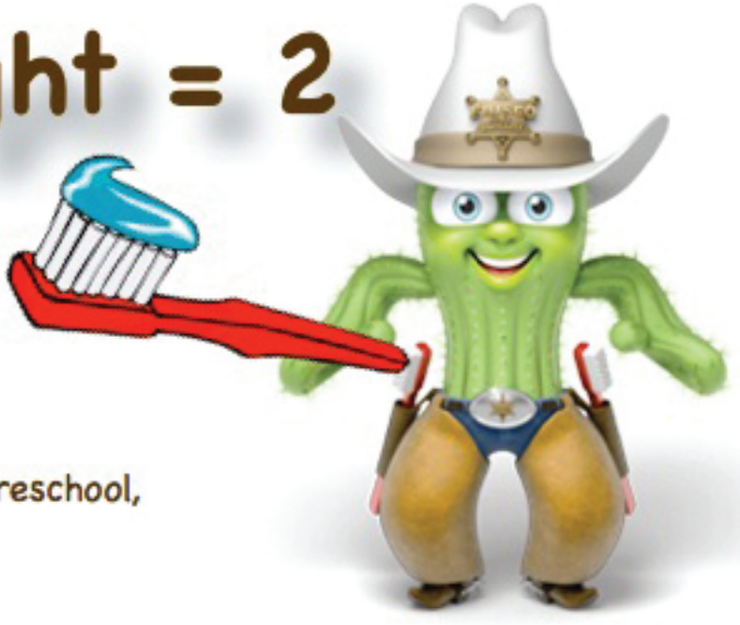
I _____, Brush My Teeth 2 Times a Day

Morning + Night = 2



Cowboy Cactus Jack

Important Brushing Tips For Kids

- Brush after breakfast
- Brush before going to bed
- Brush after eating whenever possible.
- Begin good toothbrushing habits during preschool, encourage brushing after snacks.

Brushing Tips For Kids

Brush teeth long enough to thoroughly clean all tooth surfaces
Brush on outer and inner surfaces.
Brush on chewing surfaces.
Brush on inside surfaces of front teeth.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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