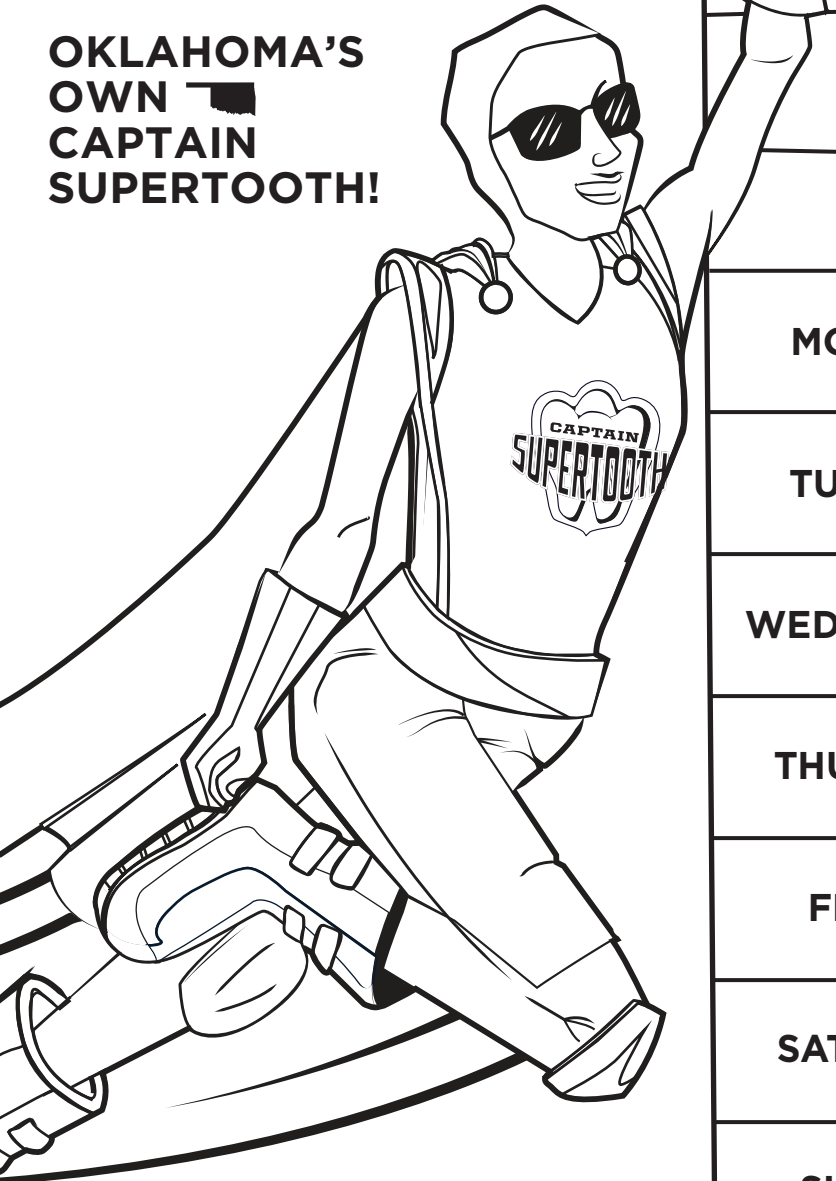






















































































# ORAL HEALTH CHART

BRUSH TWICE & FLOSS ONCE A DAY THE SUPERHERO WAY!

THIS BRUSH CHART BELONGS TO:

**OKLAHOMA'S  
OWN  
CAPTAIN  
SUPERTOOTH!**



|           | WEEK 1   |  | WEEK 2   |  | WEEK 3   |  | WEEK 4   |  |  |  |  |  |
|-----------|--|--|--|--|--|--|--|--|--|--|--|--|
| MONDAY    | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   |
| TUESDAY   | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   |
| WEDNESDAY | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   | <br>FLOSS   | <br>BRUSH   |
| THURSDAY  | <br>BRUSH  | <br>FLOSS  | <br>BRUSH  | <br>BRUSH  | <br>FLOSS  | <br>BRUSH  | <br>FLOSS  | <br>BRUSH  | <br>FLOSS  | <br>BRUSH  | <br>FLOSS  | <br>BRUSH  |
| FRIDAY    | <br>BRUSH | <br>FLOSS | <br>BRUSH | <br>BRUSH | <br>FLOSS | <br>BRUSH | <br>FLOSS | <br>BRUSH | <br>FLOSS | <br>BRUSH | <br>FLOSS | <br>BRUSH |
| SATURDAY  | <br>BRUSH | <br>FLOSS | <br>BRUSH | <br>BRUSH | <br>FLOSS | <br>BRUSH | <br>FLOSS | <br>BRUSH | <br>FLOSS | <br>BRUSH | <br>FLOSS | <br>BRUSH |
| SUNDAY    | <br>BRUSH | <br>FLOSS | <br>BRUSH | <br>BRUSH | <br>FLOSS | <br>BRUSH | <br>FLOSS | <br>BRUSH | <br>FLOSS | <br>BRUSH | <br>FLOSS | <br>BRUSH |

**#CaptainSuperTooth**

# THE PAIN AND COST OF CHILDHOOD CAVITIES CAN BE PREVENTED!

You can make a powerful difference in the oral health of your child by:

1. Having your child brush at least twice a day with fluoride toothpaste
2. Helping your child floss once a day
3. Taking your child to the dentist for checkups every six months

The most effective way to teach good oral health habits is to brush and floss with your child.

Pictures on this page show proper brushing and flossing habits.

Post the oral health chart found on the other side of this sheet in a place where your child can color in each box when he or she brushes and flosses. Come up with a special (**sugar free!**) reward for completing the whole month of brushing.

**The real reward is a healthy smile for a lifetime!**



## VISIT CAPTAINSUPERTOOTH.COM

- Resources for parents and teachers
- Fun, educational activities for children
- Details about the Captain Supertooth Dental Education Program

# TRY DEMONSTRATING THESE METHODS FOR YOUR CHILD AS YOU BRUSH AND FLOSS TOGETHER

## BRUSHING



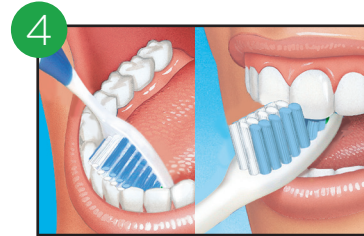
Place bristles along the gumline at a 45° angle. Bristles should touch both the tooth surface and the gumline.



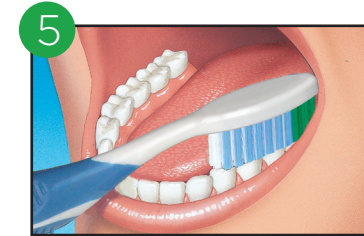
Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating, back, forth and circular motion. Move brush to the next group of 2-3 teeth and repeat.



Keep a 45° angle with bristles touching the tooth surface and gumline. Gently brush using back, forth and circular motion along all of the inner tooth surfaces.

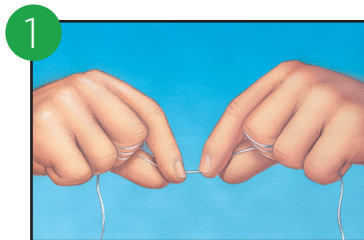


Tilt brush vertically behind the front teeth. Make several up and down strokes using the front half of the brush.

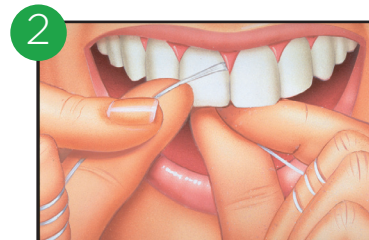


Place the brush against the biting surface of the teeth and use a gentle back and forth scrubbing motion. Brush the tongue from back to front to remove odor-causing germs.

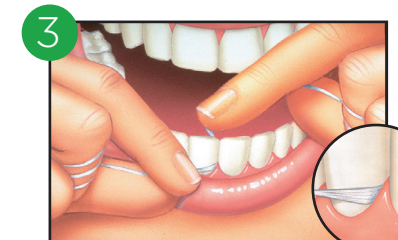
## FLOSSING



Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving 1" - 2" length in between. Use thumbs to direct floss between upper teeth.



Gently guide floss between the teeth by using a zig-zag motion. DO NOT SNAP FLOSS BETWEEN YOUR TEETH. Hug the tooth with the floss.



Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean part of floss.