

MY BRUSHING CHART

NAME _____



START
HERE

YOU
DID IT!

Keep up the
great work for
happy and
healthy teeth!

Artist: Shakara Montalto,
Gunditjmara

TOOTHPASTE



ABOUT THE CHART

Have fun brushing teeth with this Brushing Chart.

Talk to children about why we need to brush our teeth morning and at night before bed (twice a day).

(Decide if there will be a reward or prize at the end of the chart – such as extra reading time before bed, playing a favourite game at home).

Then, every time your child brushes their teeth they can tick, place a sticker or colour-in the space. You could get the whole family involved.

Heap on the praise as he or she moves up the chart. At the end, look at the chart with your child and count the number of times they cleaned their teeth. Congratulate your child for brushing and keeping their teeth happy and healthy.

ABOUT THE ARTIST

Shakara Montalto is a proud Gunditjmara mother of 2 beautiful boys. Shakara is passionate about continuing her mobs traditional line work, which is unique and detailed.

Shakara's artwork has won several award and competitions including "Highly Commended Indigenous Artist" at Melbourne Fringe Festival in 2014. Her artwork is also the main feature for the Victorian NAIDOC logo.

Shakara uses her art as a platform to spread positive community messages that she is passionate about, in her modernised interpretation of Aboriginal art.

ABOUT THE IMAGES

Childrens Deadly Toothbrush Colouring-in Chart

The interactive kids toothbrush chart has 10 days featured along a curved pathway. Kids are encouraged to brush their teeth both morning and night and this is represented in the form of a sun and moon.

I used bright, fun, kid friendly colours to grab the attention of young ones from the get go. There are several native Australian animals amongst the artwork including Bunjil the eagle, a koala, a goanna, a turtle and a kangaroo. There also features cartoon toothpaste and a deadly strong tooth character situated closer to the end of the chart.

The blue colours represent the rivers and waters and the bright blue skies on Wurundjeri country. The bright red, yellow, purple, green and pink pathways represent the journey that the children are taking to keep their teeth healthy, clean and strong everyday.

*Shakara Montalto
Gunditjmara*

