

# It's fun to brush!

My name is

Rabbit says  
"it's important  
we look after  
our teeth."

Lion says  
"show me  
your clean teeth,  
give me a  
big roar."

Crocodile says  
"smile. Wow! look at those  
strong, healthy teeth.  
Great job!"

Want to play  
again?"

Elephant  
says "I like  
how you brush  
your teeth."

day 1  
after breakfast  
before bed

after  
breakfast

day 2

before  
bed

after  
breakfast

day 3

before  
bed

after  
breakfast

day 4

before  
bed

after  
breakfast

day 5

before  
bed

Hello  
I'm Monkey.  
Here are my friends.

We love to brush. This is your own  
brushing chart to hang up at home.





# Have fun brushing teeth with this brushing chart

Brushing charts are great because they help make brushing a fun and positive experience for kids and act as a handy reminder for parents to praise them for good brushing! Saying 'well done' to your child is the very best way to promote good behaviour.

## How to make the most of your chart

**1** 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.

**2** In a quiet moment, sit down with your child and explain how the reward chart works.

**3** Then, every time your child brushes their teeth they can tick, place a sticker or colour-in the space. There is space to get the whole family involved.

**4** To stop brushing from becoming boring, make it fun – sing a song, play music, dance along. The animal characters offer encouragement along the way and invite playfulness.

**5** Stick up the chart where everyone can see it. Heap on the praise as your child moves up the chart. The chart reminds you both to stop and recognise good behaviour.

For more information about Reward Charts visit Raising Children Network

<https://raisingchildren.net.au/>



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