

The Prevention Pledge

My name is _____

I promise to take good care of my teeth by ...








- Eating less sugary snacks.
- Brushing my teeth **2** times a day for **2** minutes.
- Going to see my dental team regularly.

Signed: _____ Date: _____

Brush with Bruno!

Bruno knows it's very important to brush your teeth. He's made you this handy brushing record to help you keep track of every time you brush!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							



Uniting to stop cavities,
fighting for a healthier future.

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