

**Healthy Smiles Dental Defenders Checklist**

Brush your teeth and use rinse twice a day and use floss every day for a healthy, beautiful smile for life.

**Brush****Floss****Rinse****SUN**

Morning

Night

**MON**

Morning

Night

**TUES**

Morning

Night

**WED**

Morning

Night

**THURS**

Morning

Night

**FRI**

Morning

Night

**SAT**

Morning

Night

# **Keeping a Dental Defender Checklist**

Encourage your child to be a good Dental Defender by brushing (twice a day), flossing (once a day) and rinsing (twice a day). This mirror cling makes it fun to keep track of progress.

1. Put the mirror cling on the mirror your child uses when brushing his or her teeth.
2. Encourage your child to keep track of the daily dental care routine by putting the reusable stickers in the appropriate boxes after every brush, floss and rinse.
3. Reward or praise your Dental Defender when the boxes are filled.
4. Clear the stickers and start again.

**Note:** This Dental Defender Checklist is designed for use on smooth surfaces like your mirror, and may not adhere well to rough surfaces such as textured paint or wallpaper. It is designed for easy removal from your mirror.