



Caring for your teeth at home



This home resource is intended to support teeth brushing twice at day.













It is recommended that you brush your teeth twice a day. The most important time to brush your teeth is before bedtime, and then one other time.

Use either the morning and evening symbols, or the 1 and 2 symbols opposite as appropriate - cut out and stick into the schedule resource on next page.

The print can then be laminated, and activities ticked in pen as completed.

SIGN BANK: Please find the line drawings below to support your teeth brushing.

 <hr/> <p>Morning</p>	 <hr/> <p>Evening</p>
<p>1</p> <p>1</p>	<p>2</p> <p>2</p>

 <p>Touch chest with fingertips</p> <p>Morning</p>	 <p>Evening</p>	 <p>Toothbrush</p>	 <p>Mime squeezing toothpaste onto brush</p> <p>Toothpaste</p>
 <p>Brush Teeth</p>	 <p>Index finger flicks sharply off tongue</p> <p>Spit</p>	 <p>Finish</p>	 <p>Well done</p>

You can access these at the Team Smile Website – accessible by scanning this QR code. We would like to acknowledge the members of Team Smile – a co production project with the aim of making your trip to the dentist a more positive experience.




Caring for your teeth - a positive choice

TEAM SMILE

Place morning or 1
symbol here

Place evening or 2
symbol here



Toothbrush

Blank box for morning or 1 symbol

Blank box for evening or 2 symbol



Toothpaste

Blank box for morning or 1 symbol


Blank box for evening or 2 symbol



Brush Teeth

Blank box for morning or 1 symbol

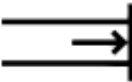
Blank box for evening or 2 symbol



Spit

Blank box for morning or 1 symbol

Blank box for evening or 2 symbol



Finish

Blank box for morning or 1 symbol

Blank box for evening or 2 symbol