

little **medical** school.®



★ FEBRUARY'S Healthy Habit Challenge ★



Brush, Floss, Rinse, Smile
Make brush time fun for your child!



Establish a Routine & Make it Fun!

- ★ Brush at the same time every morning and night
- ★ Make sure they brush their teeth for at least 2 minutes
- ★ Play their favorite song while they are brushing
- ★ Show them a video of another person brushing

Take them Shopping for their favorites!

- ★ Let them pick out their favorite toothpaste flavor
- ★ Have them choose a toothbrush with their favorite color or character
- ★ They can pick fun-flavored floss too

Establish a Reward System!

- ★ Sticker Chart to show their brushing progress
- ★ Extra bedtime story
- ★ Surprise them with a new toothbrush or toothpaste
- ★ Bedtime dance party