

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.

www.acffglobal.org www.wcffday.org

