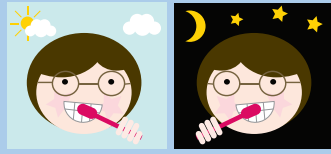
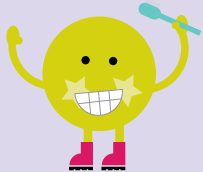


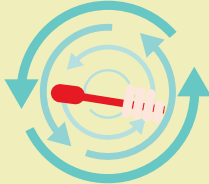
cut out fizzy drinks and eat healthier snacks



brush twice a day and replace your brush regularly



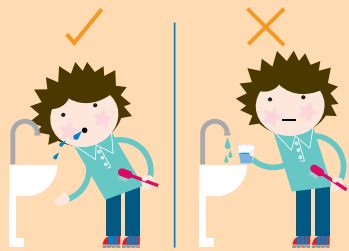
use a pea sized amount of fluoride toothpaste



use a circular brushing motion



brush for two minutes



spit don't rinse

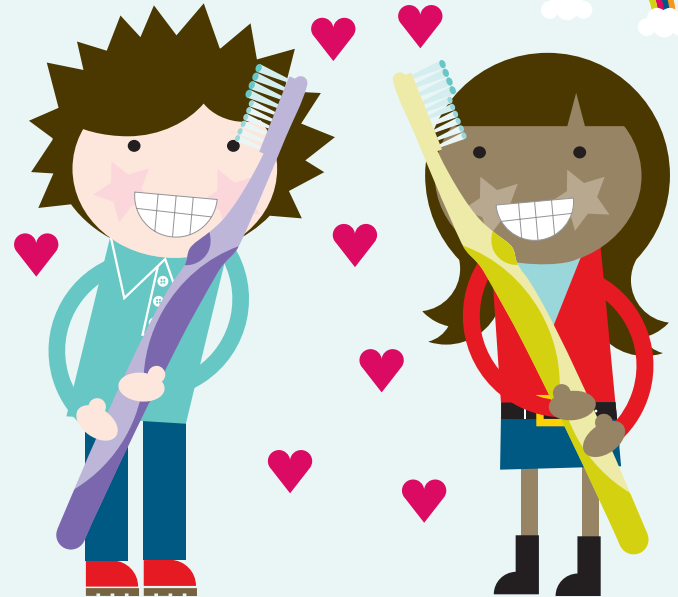


visit your dentist regularly



# teeth.tlc

Tender Loving Care for Teeth



## toothbrushing diary

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Teeth TLC, Health Promotion Team, NHS Grampian,  
Summerfield House, 2 Eday Road, Aberdeen AB15 6RE  
nhsg.teethtlc@nhs.net

This is also available in other formats and languages.

Contact: grampian@nhs.net or (01224) 554400. Ask for CGD 080084.

Visit: [www.teethtlc.com](http://www.teethtlc.com) or call the free Healthline: **0500 20 20 30**



# toothbrushing diary

Tick the box each time you brush your teeth

in the morning

before bedtime

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



Write below any other times when you have brushed your teeth:

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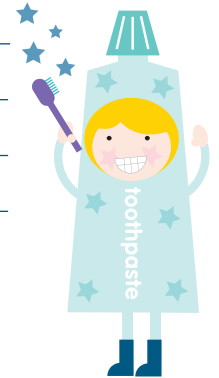
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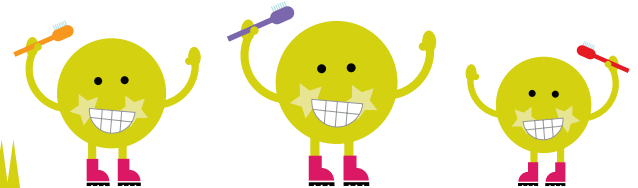
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Once you have completed this diary please return it in order to receive your certificate



Use a pea sized amount of fluoride toothpaste