

EAT A RAINBOW EVERYDAY!

_____’s Rainbow Chart

	RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE	HOW MANY COLORS DID YOU EAT?
SUNDAY							
MONDAY							
TUESDAY							
WEDNESDAY							
THURSDAY							
FRIDAY							
SATURDAY							



Brushing and Flossing Chart





















KIDS DENTISTRY

A Whole Body Approach

Color in the circles to keep track of when you brush and floss.

WHEN YOU FILL IN ALL THREE CIRCLES IN ONE DAY, YOU CAN ALSO COLOR IN THE SPECIAL TOOTH!

	morning	evening	good day!		morning	evening	good day!	
	SUNDAY	(B) (F)	(tooth)		SUNDAY	(B) (F)	(tooth)	
	MONDAY	(B) (F)	(tooth)		MONDAY	(B) (F)	(tooth)	
	TUESDAY	(B) (F)	(tooth)		TUESDAY	(B) (F)	(tooth)	
	WEDNESDAY	(B) (F)	(tooth)		WEDNESDAY	(B) (F)	(tooth)	
	THURSDAY	(B) (F)	(tooth)		THURSDAY	(B) (F)	(tooth)	
	FRIDAY	(B) (F)	(tooth)		FRIDAY	(B) (F)	(tooth)	
	SATURDAY	(B) (F)	(tooth)		SATURDAY	(B) (F)	(tooth)	

NO MORE Pacifier!

MONTH












KIDS DENTISTRY

A Whole Body Approach

Mark, sign or color the days when you keep that silly thumb OUT of your mouth!

SHARE YOUR PROGRESS
WITH NOPO KIDS TEAM
FOR PRIZES!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
						

NO MORE THUMB OR FINGER SUCKING!

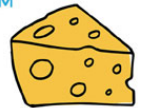


KIDS DENTISTRY

A Whole Body Approach

Mark, sign or color the days when you keep that silly thumb and fingers OUT of your mouth!

SHARE YOUR PROGRESS WITH NOPO KIDS TEAM FOR PRIZES!



MONTH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			