

Brush, Tick, Smile.

Tick a sun every morning ☀️ and a moon every night 🌙. Four weeks is all it takes for brushing to feel like second nature.

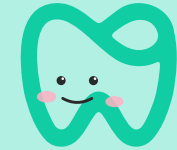


BELONGS TO _____

VISITED BY PEARLY AT _____

Centre
logo

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	MON 1 ☀️ 🌙 ☐ ☐	TUE 2 ☀️ 🌙 ☐ ☐	WED 3 ☀️ 🌙 ☐ ☐	THU 4 ☀️ 🌙 ☐ ☐	FRI 5 ☀️ 🌙 ☐ ☐	SAT 6 ☀️ 🌙 ☐ ☐	SUN 7 ☀️ 🌙 ☐ ☐
WEEK 2	MON 8 ☀️ 🌙 ☐ ☐	TUE 9 ☀️ 🌙 ☐ ☐	WED 10 ☀️ 🌙 ☐ ☐	THU 11 ☀️ 🌙 ☐ ☐	FRI 12 ☀️ 🌙 ☐ ☐	SAT 13 ☀️ 🌙 ☐ ☐	SUN 14 ☀️ 🌙 ☐ ☐
WEEK 3	MON 15 ☀️ 🌙 ☐ ☐	TUE 16 ☀️ 🌙 ☐ ☐	WED 17 ☀️ 🌙 ☐ ☐	THU 18 ☀️ 🌙 ☐ ☐	FRI 19 ☀️ 🌙 ☐ ☐	SAT 20 ☀️ 🌙 ☐ ☐	SUN 21 ☀️ 🌙 ☐ ☐
WEEK 4	MON 22 ☀️ 🌙 ☐ ☐	TUE 23 ☀️ 🌙 ☐ ☐	WED 24 ☀️ 🌙 ☐ ☐	THU 25 ☀️ 🌙 ☐ ☐	FRI 26 ☀️ 🌙 ☐ ☐	SAT 27 ☀️ 🌙 ☐ ☐	SUN 28 ☀️ 🌙 ☐ ☐



Hi, I'm Pearly!

Brush with me twice a day and we'll keep your smile sparkling.

HOW TO BRUSH

- 1 A pea-sized smear of fluoride toothpaste.
- 2 Two minutes — count to 30 on each section.
- 3 Small circles, gentle pressure, every tooth.
- 4 Spit, don't rinse. Tick your box!



MY REWARD

When I finish, my treat is...

MY PLEDGE

I promise to brush my teeth every morning and every night for two whole minutes, using a pea-sized smear of fluoride toothpaste — even on weekends.

SIGNED

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WHAT I NOTICED ABOUT MY CHILD'S BRUSHING THIS MONTH:
