

Just as many parents use a potty chart to help their children learn to go “potty” like a “big kid” and to reward them for learning this important skill, tooth brushing charts for children learn to brush their teeth. There are many benefits to using a simple tooth brushing chart such as: it can help your child with learning how and when to brush their teeth as well as offer them the opportunity to see in black and white (or color) exactly how well they are achieving their goals. Tooth brushing charts also give parents handy reminders to provide positive reinforcement as well as the chance to reward big hurdles like remembering to brush every day morning and night. But how can busy parents easily make and use a helpful tooth brushing chart for their children? It is easier than you think and all you need is Internet access, a printer, stickers or markers.

If your child enjoys Nick Jr. shows like Dora the Explorer and Blue’s Clues, Nick Jr. offers two free printable tooth brushing charts that are in color and black and white, easy to use and print. [Dora’s tooth brushing chart](#) is for one week only, morning and night. The [Blue’s Clues chart](#) features Blue brushing teeth and offers one week of charting.

Many companies like Orajel and Colgate offer helpful and colorful tooth brushing charts. If your child is a fan of trains, this “Thomas the Train” tooth brushing chart may be exactly what you need to get the smile and healthy teeth you want. Offered by Orajel this [Thomas the Train tooth brushing chart](#) is easily printable and usable with four weeks of daily encouragement to brush teeth every morning and every night. Several different Thomas the Train characters are featured so it doesn’t matter which one is your child’s favorite. Simply mark or sticker each morning and night you child brushes their teeth to help you with creating healthy habits.

Colgate Kids offers this [free printable chart in color](#) that is colorful, fun and inviting. It features a dental “bunny” in the woods with a chart that winds its way around the woods. This chart however, may be better for older children to use as it is a little complicated. However, one fun difference with this chart is that it offers everyone in the family to be included with a color key code, so parents and older siblings can help set a healthy example both brushing and using the chart.

Colgate Kids also offers this black and white [free printable tooth brushing](#) chart that is short and sweet. With seven days, four weeks, with am and pm brushings. Simply color in the day and night to help your child make their way to both the reward you promised and the reward of a healthy and beautiful smile.

This [tooth brushing chart](#) offered by “Captain Supertooth” sponsored by the Delta Dental Insurance company, not only offers an easy to use chart, but also offers instructions to help parents teach their children to brush and floss making it even more helpful for both the children and the parents. The top portion of the chart is a daily calendar for four weeks. Each day is marked for morning and night using a sun and moon so even the youngest user can easily understand when they are supposed to brush. Color in or place a sticker in each day and night when your child brushes. The bottom portion offers a handy instruction guide on how and where to brush your teeth as well as floss, which children can use every day.

Two things are needed to use your tooth brushing chart successfully, consistency and rewards. First you need to use it with your child every day, every time they brush their teeth. Next you need to be

positive, excited and reward your child with praise and more tangible rewards. To make a tooth brushing chart successful establish clear goals for each week of use and to reward your child for meeting those goals. Provide a reward system that matches your budget from coloring books, to game or television time, or even matchbox cars to use as small rewards. The dollar store is a great source of rewards. It may take one month or more, but soon you won't even need the chart to see a bright, white smile on your child's face and a good report at the dentist office.

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