

PEDO PLANET - PEDIATRIC DENTAL CENTRE

HABIT DEVELOPMENT FORM

Brushing should be done twice a day, once in the morning and once in the night.

NIGHT BRUSHING IS MUST FOR ALL KIDS TO PREVENT CAVITIES

The child has to put a cross (X) in the box in the calendar once he/she has brushed his/her teeth in the morning and in the night. One slanting line for the morning and one crossing the first one for the night brushing. If not, the child can leave the box blank.

If the child has brushed **twice a day CONSECUTIVELY** and has marked all the days in the calendar, parents can reward them with a gift.

Month _____

Reward _____

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				