

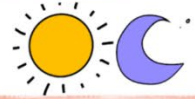
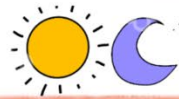



Come Sing & brush our tooth together!

"Brush with Fun" Incentive Scheme

# My Tooth Brushing chart

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



|   |   |   |   |   |
|---|---|---|---|---|
| Sunday  | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Monday  | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Tuesday   | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Wednesday   | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Thursday  | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Friday  | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
| Saturday  | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> |
|  Reward stickers | _____   | _____   | _____   | _____   |

# Reward Stickers



**\*Stickers are designed for use with :**

**Brand : Smart Label (Code no.: 2587) / H Brand (Code no.: 8851)**

**Diameter : 32 mm**

*Let's start with Kandy!*



## “Brush with Fun” Incentive Scheme

### How to use “My tooth brushing chart”:

1. Print out “My tooth brushing chart” & reward stickers
2. Discuss the Reward Plan together with your child/trainees in order to enhance their motivation;
3. Ask your child/trainees to put a ✓ in  each time they finish brushing;
4. Review every week, ask your child/trainees to paste a reward sticker if they can get 14 ✓ in that week;
5. Give a reward if they have 4 stickers in that month.

### Remarks :

- i. Stick the chart to your child’s/trainees’ bathroom mirror or next to their bed, so they can see it when get up in the morning;
- ii. There can be different rewards at end of each month, it can be a gift, an activity, or even a hug! The most important thing is to involve your child/trainees to participate in the discussion!



## Watch the videos to learn how to brush your tooth correctly!

Tips on tooth brushing and flossing techniques  
[Oral Health Education Division - Video \(toothclub.gov.hk\)](https://toothclub.gov.hk)



\* Tooth brushing techniques

[Oral Health Education Division - Video - Brush my teeth skills tip -  
Toothbrushing methods \(toothclub.gov.hk\)](https://toothclub.gov.hk)



\* Fun video “Brush Along with Budd!”

<https://www.youtube.com/watch?v=KcQlp4ejyZ4>



\*A special acknowledgement to Oral Health Education Division,  
Department of Health for authorizing the use of above information.\*