

The Prevention Pledge



My name is _____



I promise to take good care of my teeth by...



- Eating less sugary snacks.
- Brushing my teeth **2** times a day for **2** minutes.
- Going to see my dental team regularly.



Signed: _____ Date: _____



Brush with Bruno!

Bruno knows it's very important to brush your teeth. He's made you this handy brushing record to help you keep track of every time you brush!



	Monday 	Tuesday 	Wednesday 	Thursday 	Friday 	Saturday 	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

When you have completed your **Prevention Pledge** and cleaned your teeth twice a day for 1 month, please bring your chart to Smile Style and we will give you a **Goody Bag**.

www.smilestyledentist.co.uk 24 Lichfield Road, Stafford, ST17 4LL - the **Pain Free Dentist**