

ORAL HEALTH ACTION PLAN

(FOR CHILDREN 10 AND UNDER)

DID YOU BRUSH YOUR TEETH TODAY?

My Daily Action Steps

1. Brush my teeth twice a day.
2. Ask for help flossing my teeth.
3. Rinse my mouth after each meal or snack.
4. Eat healthy foods and drink more water.



Fun Activities to Try



Use my favorite toothpaste flavor.



Pick out a cool toothbrush.



Have someone remind me to brush and floss.



Brush your teeth for two minutes to your favorite song.



Find healthy foods I like.

Sign your oral health action plan to show you are ready to take good care of your teeth.

Signature

Date

Our mission is to enable all HUSKY Health members to achieve and maintain good oral health. We work to ensure all members have equitable access to oral health services.

(more oral health info: www.ctdhp.org)

