Harris County
Public Health
Building a Healthy Community

BRUSH 3 with Garfield!

Garfield wants you to BRUSH 3:

1 Brush the Top Teeth and Gums
Jiggle Jiggle the toothbrush in little circles by the gums and then brush the way the teeth grow.
JIGGLE JIGGLE DOWN!

2 Brush the Bottom Teeth and Gums
Jiggle Jiggle the toothbrush in little circles by the gums and then brush the way the teeth grow.
JIGGLE JIGGLE UP!

3 Brush Where You Chew
Brush back and forth with the toothbrush to clean in the grooves of the teeth.
DON'T FORGET YOUR TONGUE!

Color in the Smiley Face each time you BRUSH 3:
1. TEETH, 2. GUMS & 3. TONGUE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
After Breakfast	☺	☺	☺	☺	☺	☺	☺
Before Bed	☺	☺	☺	☺	☺	☺	☺