

# My Healthy Mouth Plan

Your dentist will help you fill this out.

When is your next visit to the dentist?

When will you brush your teeth?

- After breakfast
- Before you go to bed

When will you floss your teeth?

- Before you go to bed

What support do you need from others to brush?

What support do you need from others to floss?

Do you need to do anything different when you brush or floss?

- Yes**       **No**

If yes, what?