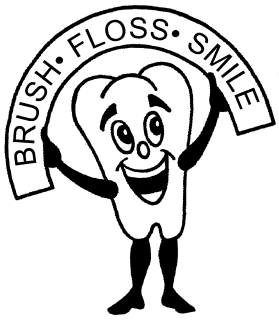
# "Brush, Floss, and Smile" with Mighty and Murray!!

Dear Parents: Today at school your child met **Mighty Molar** and **Murray the Toothbrush**. They taught the kids how to take good care of their teeth. The kids were given a "goody bag" containing a toothbrush, toothpaste, activity pages, and a Smiley Face stamper. Please have your child use the stamper with the calendar on the other side of this page to keep track of how often they brush.

**YOUR GOAL:** ☺ **BRUSH** at least 2 times a day for 2 minutes
☺ **FLOSS** at least 1 time a day

Help your child mark the calendar each time they brush (once in the morning and once in the evening). Use the timer to make sure he or she is brushing long enough. Think about giving your child a prize or non-sugar treat for each week that they fill in the calendar completely. A larger prize can be given if they fill in the calendar for one whole month.




## Mighty Molar Theme Song

(To the tune of Row, Row, Row Your Boat)

BRUSH, BRUSH, BRUSH YOUR TEETH
GENTLY TWICE A DAY
FLOSS THE FOOD BETWEEN YOUR TEETH
TO HELP PREVENT DECAY

SEVEN VALLEYS HEALTH COALITION
*Working for a Healthy Community*

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