



*kids* Without Cavities

By North Dakota Dental Foundation



# 30 DAY TOOTHBRUSH CHALLENGE

CHALLENGE THE WHOLE  
FAMILY!

TAKE THE 30 DAY  
TOOTHBRUSH CHALLENGE  
WITH THE NORTH DAKOTA  
DENTAL FOUNDATION AND  
START CREATING HEALTHY  
HABITS AS A FAMILY!

*CHALLENGE  
complete?*

TAKE A FAMILY SELFIE  
WITH THOSE PEARLY  
WHITES AND TAG  
@NDDENTALFOUNDATION  
#CAVITYFREEND FOR  
YOUR CHANCE TO WIN  
PRIZES!



NORTH DAKOTA  
Dental Foundation



# BRUSH Chart



COLOR EACH TOOTH FOR EVERY DAY YOU BRUSH  
YOUR TEETH AT LEAST 2 TIMES FOR 2 MINUTES.

SUN	MON	TUE	WED	THU	FRI	SAT

[WWW.NDDENTAL.ORG](http://WWW.NDDENTAL.ORG)