STELLKEY

2 × 2 MIN



My brushing chart

Color a tooth every time you brush: ☀️ morning and 🌙 night!

Name _____ **Month** _____

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1 ☀️ Morning							
🌙 Night							
WEEK 2 ☀️ Morning							
🌙 Night							
WEEK 3 ☀️ Morning							
🌙 Night							
WEEK 4 ☀️ Morning							
🌙 Night							

When I fill a whole week, I get: _____

Parent tip: Brush twice a day for 2 minutes, and help or check until around age 8. The night brush counts most: nothing but water after it.

Want a brushing buddy instead of a chart?

In the Stell app, Stell brushes along for 2 minutes and the stars count themselves.

Free to download · stellkey.com · used by 12,000+ families

STELLKEY

4 × 30 S

Brush in 2 minutes

4 zones, 30 seconds each. Follow the numbers!

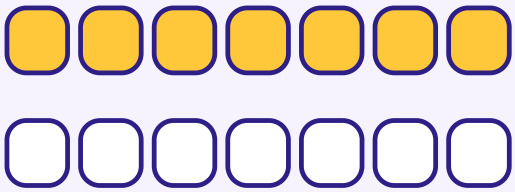


1

⏱ 30 sec

Top teeth, outside

Small circles, all along the gums.

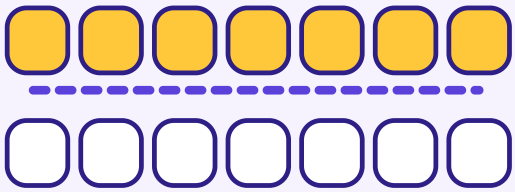


2

⏱ 30 sec

Top teeth, inside and on top

Don't forget the chewing side.

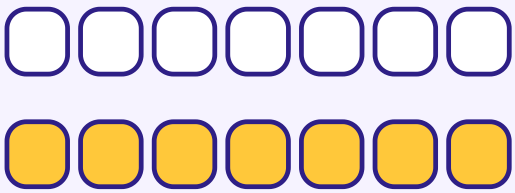


3

⏱ 30 sec

Bottom teeth, outside

Small circles, all along the gums.

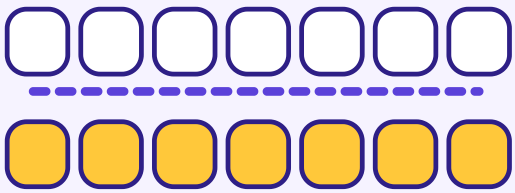


4

⏱ 30 sec

Bottom teeth, inside and on top

Then spit out the foam.



🪥 2 minutes = 1 tooth colored on my chart!

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