

Stevie's story

Stevie is 14. He knows he should brush his teeth better but he forgets or can't be bothered.

Stevie is often late getting up in the morning and is usually in a rush for the school bus. He has enough time to do his hair, grab some breakfast and check his phone. He usually brushes his teeth if they feel a bit slimy or if his mum reminds him.

After school, he goes home then plays football. He then either spends time on his Xbox in his room or watches Netflix until after 10.30pm. His mum tells him to go to sleep earlier - he often ignores her. He doesn't always brush his teeth since he can't be bothered to get out of bed.

1. What stops Stevie brushing his teeth properly?

2. What could Stevie do differently to fit in tooth brushing twice a day?

My Tooth Brushing Plan

First write down the main reason why brushing your teeth is important to you

Tooth Brushing Goal: my goal will be to brush my teeth properly for 2 minutes, twice a day with fluoride toothpaste.

Barriers and solutions: what stops you from brushing your teeth? We call these barriers.

How can you make sure you don't let these barriers stop you brushing properly? We call these solutions. Fill in this table:

Barrier	Solution
If I cannot brush because I am in a rush to go out	➔ Then I will brush when I get home
	➔
	➔

Explain when you will brush your teeth:

e.g. In the morning I will brush my teeth as soon as I get out of bed and before I straighten my hair.

At night time, I will brush my teeth when I have my last wee.

The two times of day I will brush my teeth for 2 minutes are:

1. _____

2. _____

Remember to let us know if you change your phone number, text us on 07537416903, please include your old number in the message