

Family Daily Oral-Care Routine Planner

Use this worksheet to make a household routine easier to remember. It is an organization tool, not a clinical tracker or a substitute for individual guidance.

Choose cues and roles

Our morning cue:

Our evening cue:

Routine step we choose	Who supports it	Where supplies will be ready

Make the routine easier to repeat

What usually gets in the way:

One small adjustment we will try:

How we will notice that the routine happened:

Reset after a disrupted day

Pick the next ordinary routine cue and restart there. Do not use missed days as a score or a reason to judge anyone.

Our next reset cue:

Keep the plan in the right hands

This worksheet does not teach clinical technique, prescribe products, or assess anyone's oral health. Use your dental professional's advice for individual questions and care instructions.

Supporting reading

How to Brush Your Teeth Properly · oralcompass.org/articles/how-to-brush-your-teeth-properly/

How to Floss Properly · oralcompass.org/articles/how-to-floss-properly/

How Often Should You Replace Your Toothbrush? · oralcompass.org/articles/how-often-should-you-replace-your-toothbrush/

Sources: MouthHealthy (American Dental Association), Brushing Your Teeth; MouthHealthy (American Dental Association), Flossing.