













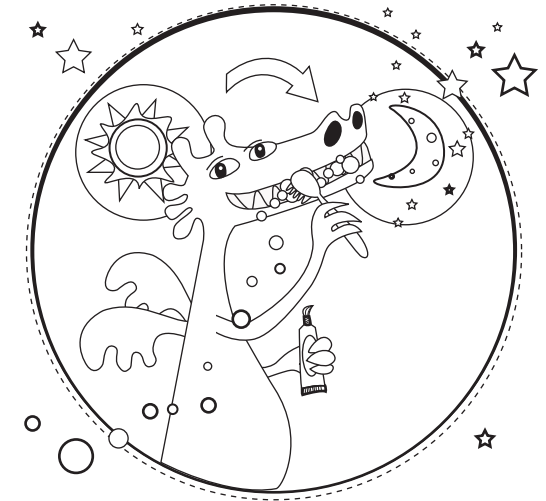


Cynllun Gwên Designed to Smile

Toothbrushing Chart

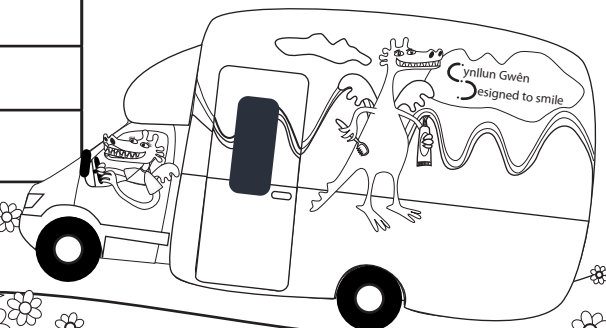
Day ↓	week →	1	2	3	4	5	6
Monday							
							
Tuesday							
							
Wednesday							
							
Thursday							
							
Friday							
							
Saturday							
							
Sunday							
							



Tick the box when you have brushed your teeth















Remember to brush at home twice a day!

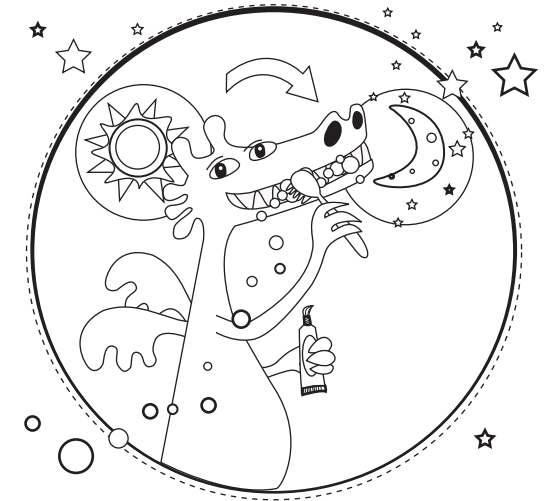
Give this chart to your teacher when you come back to school



Cynllun Gwên Designed to Smile

Siart Brwsio Dannedd

Dydd ↓	wythnos →	1	2	3	4	5	6
Dydd Llun	 						
Dydd Mawrth	 						
Dydd Mercher	 						
Dydd Iau	 						
Dydd Gwener	 						
Dydd Sadwrn	 						
Dydd Sul	 						



Rhowch tic yn y bocs pan ryddych chi wedi brwsio eich dannedd

Cofiwch brwsio catref dwy waith y dydd!

Rhowch y siart i'ch athro pan fyddych chi'n mynd yn ôl i ysgol

