

# Your Daily Dashboard Routine


## Making Supervised Brushing Effortless Every Day

1

### Log In & Start Your Class

**Open My Dental Buddy Dashboard.**

Select your class and adjust the number of pupils brushing today.

 *You can edit class size anytime – no setup stress.*




2

### Get Ready to Brush

**Tell the children: “It’s brushing time!”**

Start the session – Buddy’s animation will guide everyone step-by-step.

 *The dashboard handles the timing for you.*




3

### Brush Together

**Children copy the on-screen characters as they brush.**

Teachers simply supervise – no need to remember every step.

 *The dashboard ensures everyone brushes for full 2 minutes.*




4

### Clean Up Made Simple

**Tap “Start Cleaning” to show the cleanup timer.**

Children spit into tissues, rinse brushes, and return them to storage.

 *Use the timer to help the class stay calm and tidy.*



**Teachers love it:**

“The children love **watching the screen** – it keeps them focused.” - James, Nursery Manager



**Ready to get started?**

Log in at [mydentalbuddy.com/login](https://mydentalbuddy.com/login)