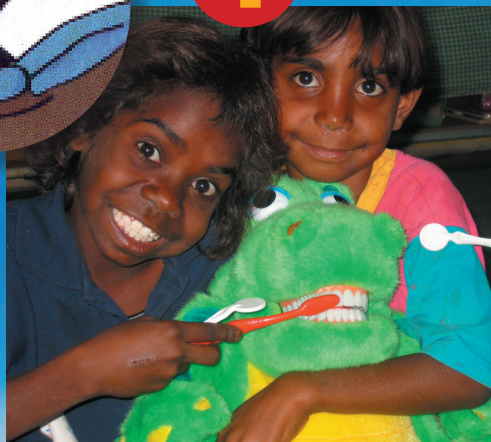




# Step-by-Step Brushing Your Teeth

1



Brush gently on an angle all along the gum on the **OUTSIDE** of your top teeth and then your bottom teeth.

Brush your teeth at least once every day and twice if you can.

A good time is after breakfast and again before bed.

Use only a tiny bit of toothpaste - not too much!

If you don't have any toothpaste then just use water.

Spit any toothpaste out - don't swallow it.

Use a soft small toothbrush.

2



Brush gently along the gum on the **INSIDE** surfaces of your top and bottom teeth.

3



Brush gently on the **CHEWING SURFACES** all the way to the back.