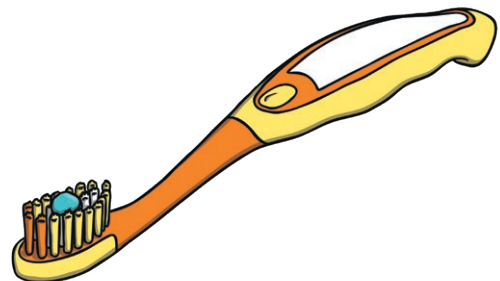




How to Brush Your Teeth



1

Squeeze a pea-sized amount of toothpaste onto the brush.



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2

Tilt your toothbrush, covering your gumline and front of your teeth and brush gently.



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3

Gently brush the outside of your teeth, making sure you reach right to your back teeth.



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4

Brush the insides
and the tops of all
your teeth.



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5

Gently brush
your tongue to
remove bacteria.



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6

Spit out the excess toothpaste and then you are finished.



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