

# How to brush

- Use a soft bristled toothbrush with a small head and a fluoride toothpaste.
- Take one to two minutes to brush well.



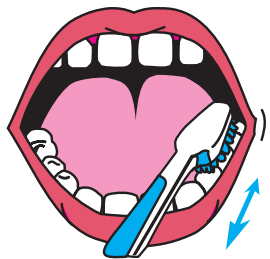
## 1 Top insides

Jiggle along every tooth making sure you clean down to the gums.



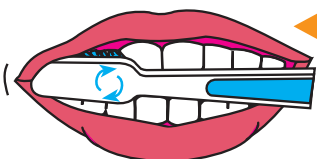
## 2 Bottom insides

Jiggle along every tooth making sure you clean down to the gums.



## 3 Chewing surfaces

Brush along the top and bottom back teeth.



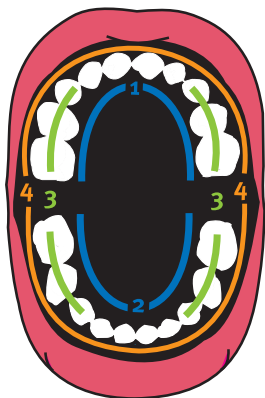
## 4 Outsides

Brush using a circular or up and down motion. Start on one side and go all the way to the other side.

Clean your teeth like this twice every day.

Parents should assist with toothbrushing until children are about eight years of age.

Keep toothpaste out of reach of small children.



Department of Health

*Sticker will peel off mirror easily*