

# BRUSHING YOUR TEETH

1



Use a small soft toothbrush and a pea sized amount of fluoride toothpaste

2



Brush morning and night

3



When brushing, try to work to a system

4



Start with the outside surfaces

5



Then brush the inside surfaces

6



Next, brush the chewing surfaces

7



Brush behind the teeth

8



Remember to brush your tongue to help freshen your breath. Spit, don't rinse