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Brushing tips for children

Step 1. Outside

Brush the outside surface of each tooth using small wiggling circular motions. Make sure to jiggle along every tooth down to the gums.

Step 2. Inside

Brush the inside surface of each tooth using the same circular motions. Don't forget to wiggle your brush close to the gums!

Step 3. To The Back

Brush the tops of the back teeth, where you chew, using a forward and backward motion.

Step 4. To The Front

Tilt your toothbrush vertically to brush behind each front tooth using small up and down strokes. Remember to brush both the top and bottom teeth!

Step 5. Tongue

Don't forget to brush your tongue. Lots of germs and bacteria hide here!

TOP TIPS!

- ✓ Brush your teeth for 2 minutes so you can keep your smile bright! Our two minute-long Big Brush Club tune helps keep track of time.
- ✓ Use fluoride toothpaste. Fluoride helps keep your teeth strong and healthy!
- ✓ Brush at least twice a day. Once when you wake up and once last thing before you go to bed.
- * Don't rinse with water after brushing, just spit!



Brushing together for healthy smiles