

## **Brush your teeth the proper way, to help avoid tooth decay.**

(Brush your teeth 2 times per day for two minutes or sing Happy Birthday 2 times)

- \* Brush the front teeth in a circular motion
- \* Brush back and forth on the biting surface
- \* Brush up and down on the backs of your teeth
- \* Don't forget to brush your tongue
- \* Rinse your mouth with water ... rinse off your brush then your done

