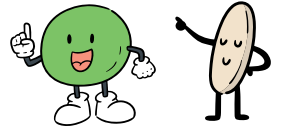




How To Brush My Teeth

- Apply the right amount of toothpaste

*rice size amount for 0-3 yrs & pea-size for 3 & up



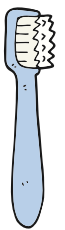
- Angle the toothbrush 45 degrees. It should face the gums of the upper or lower teeth.



- Move the brush gently back and forth with short, tooth-size strokes. Do this for the inside, outside & chewing surfaces of the teeth.



- Hold the toothbrush straight up to brush up and down the front teeth. Make sure to clean the front and back.



- Brush your teeth for 2 minutes in the morning and at night.



- Brush the tongue to remove bacteria from the surface.

