

# How to brush your teeth

- 0-3 years use a smear of toothpaste of at least 1000ppm fluoride
- 3 years and older use a pea sized amount of toothpaste of at least 1000 - 1450ppm
- Spit don't rinse after brushing
- Brush for 2 minutes twice a day using a timer
- If using a fluoride mouthwash use at another time of day to brushing



## Step 1

Place the bristles at a 45 degree angle towards the gum margin



## Step 2

Move the bristles in small circles so that any plaque under the gum will be removed



## Step 3

Be sure to brush both the outside (lip/cheek side) and inside (tongue side) upper and lower teeth



## Step 4

Brush the chewing surfaces of your teeth with a back and forth motion



## Step 5

Brush behind the front teeth with the tip of the bristles, cleaning each tooth one at a time



## Step 6

Brush your tongue to remove plaque germs and keep breath fresh