

How to brush your teeth

- A Family Fluoride Toothpaste containing 1350-1450ppmf should be used
- 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

0-3 years old



3-6 years old



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