

Tooth & Paste's Guide to Brushing your teeth



Step 1

Get your tooth brush and add tooth paste











Step 2

Brush your teeth in a circular motion getting your teeth and gums.

Top tip

Look in the mirror when brushing so you can see where you have brushed!



Step 3

Spit out the foam Don't rinse with water





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Top tip

Remember to treat your teeth well and eat healthy low sugar foods!

This information was provided by Dental Healthcare and information sheet created by Healthwatch Warrington