

TOOTHBRUSHING STEPS



Step 1: Put toothpaste on toothbrush



Step 2: Place the brush at an angle on the outer gumline with the bristles facing towards the gum. Wiggle gently back and forth, repeat for each tooth.



Step 3: Then brush the inside of each tooth using the same wiggling technique as in Step 2.



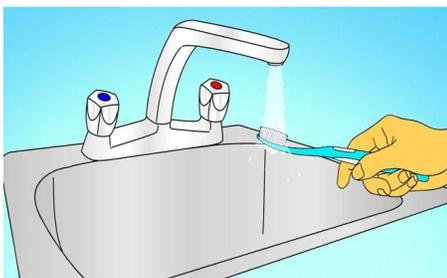
Step 4: Use the tip of the brush behind each front tooth both top and bottom.



Step 5: Gently brush the tongue and gum line.



Step 6: Rinse and spit



Step 7: Rinse toothbrush

IMPORTANT REMINDERS:

For healthy teeth and gums, brush at least twice a day. Each time for 2 minutes.

Video Resource:

<https://youtu.be/hDZXSMU2IAk>

(How to Brush Your Teeth Properly - For Kids)