

# How To Brush Your Teeth



Squeeze a **pea-sized blob of toothpaste** on your brush.



Brush the **outside of your teeth!**, top and bottom!

**Use little circles** to get them nice and clean.



Brush the **inside of your teeth**, top and bottom.  
Use the same **little circles** here too and **forward and back**.



Brush the **backs of your teeth** and the top and bottom.  
Don't forget the **further back teeth and chewing surfaces**.



**Brush your tongue**  
Keep your breath fresh and your mouth clean.



**Spit don't rinse!**

Don't rinse your mouth after brushing.  
Just spit out the toothpaste and show off your shiny, clean teeth!