

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!