



## Brushing your teeth



Use fluoride toothpaste.

Put a pea sized amount of toothpaste on the toothbrush



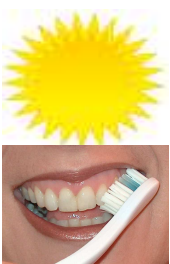
Brush the inside of each tooth



Brush the outside of each tooth



Brush the top of each tooth



Brush your teeth and gums for 2 minutes. Twice a day.