

# Brushing Teeth Correctly

Brush for 2 minutes, twice each day.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

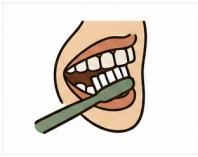
1



## Add toothpaste

Put a pea-sized amount on the toothbrush.

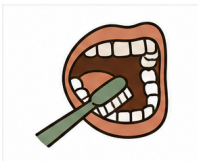
2



## Brush the outside

Use small circles on the front and side teeth.

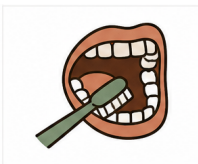
3



## Brush the inside

Brush behind the teeth and along the gumline.

4



## Brush chewing surfaces

Brush the tops of the back teeth and gently brush your tongue.

5



## Spit and rinse

Spit out the toothpaste. Rinse the toothbrush and put it away.