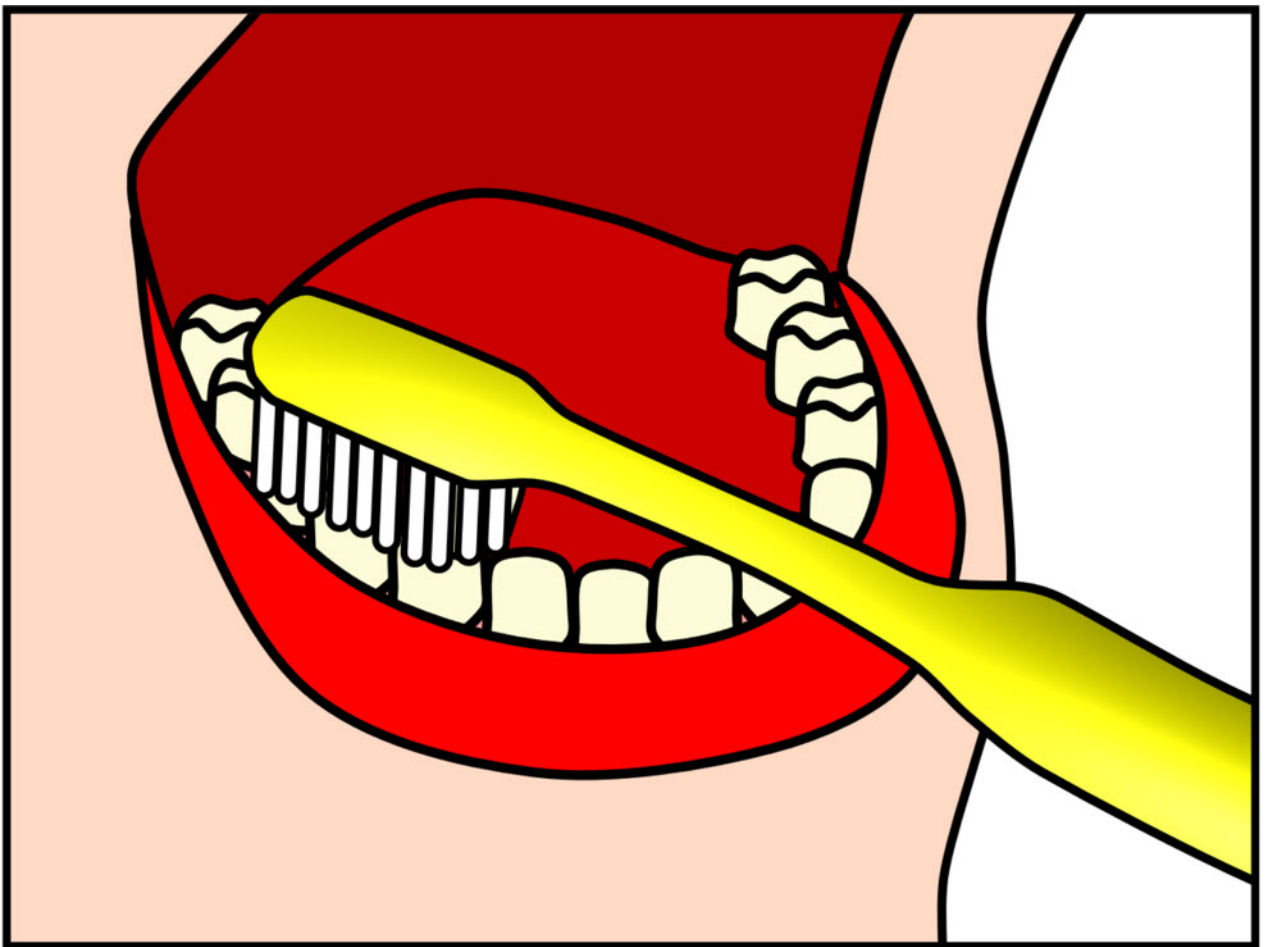
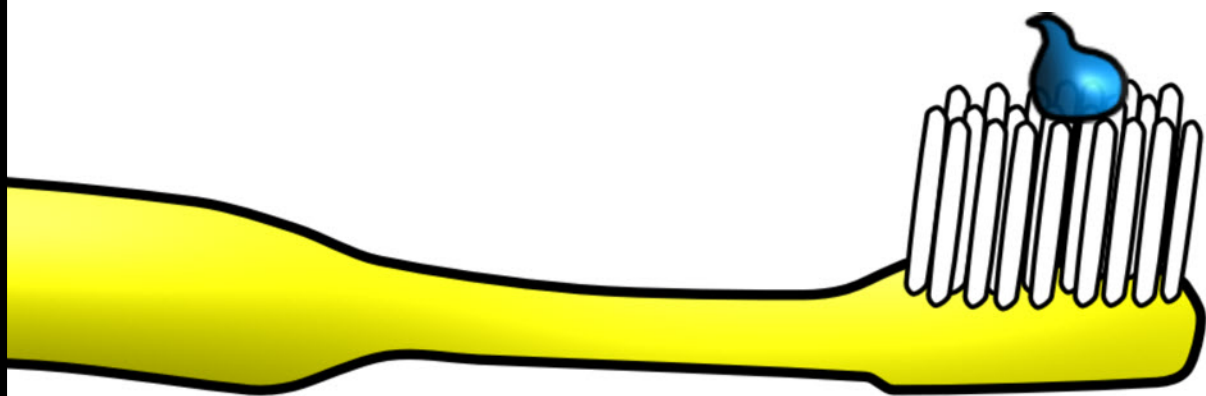


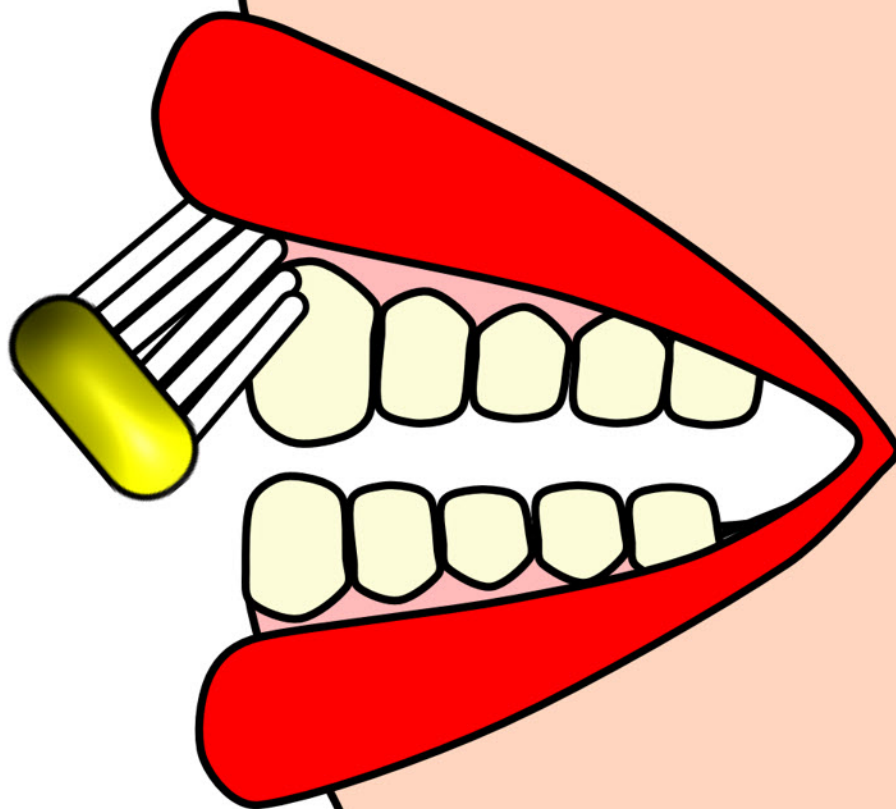
How to Brush Your Teeth



1 Wet your toothbrush and use a pea-sized amount of toothpaste.



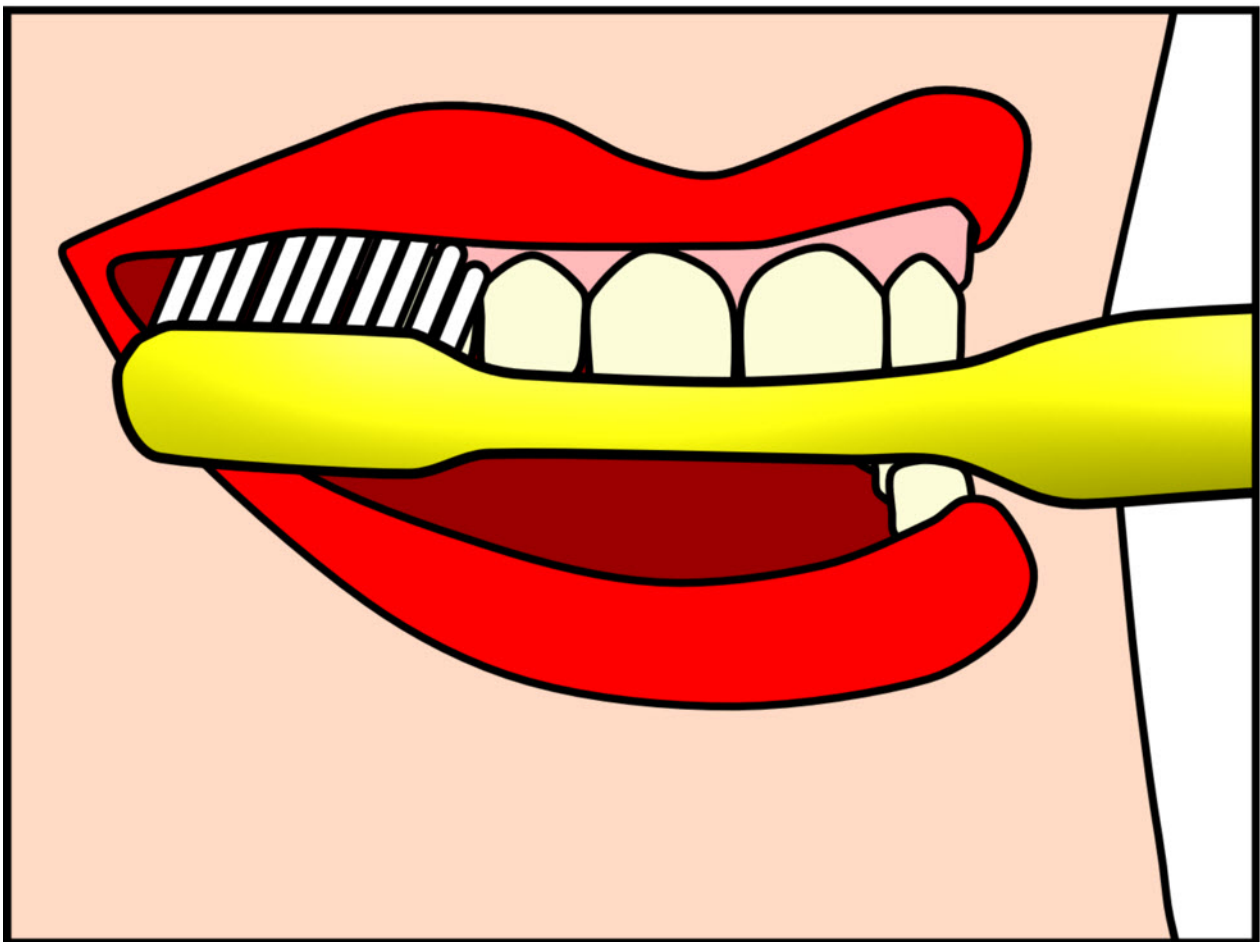
2 Make sure the bristles of your brush point towards the edge of your gums and also cover your teeth.



3

Gently brush the edges
that face outwards of
2 or 3 teeth at a time

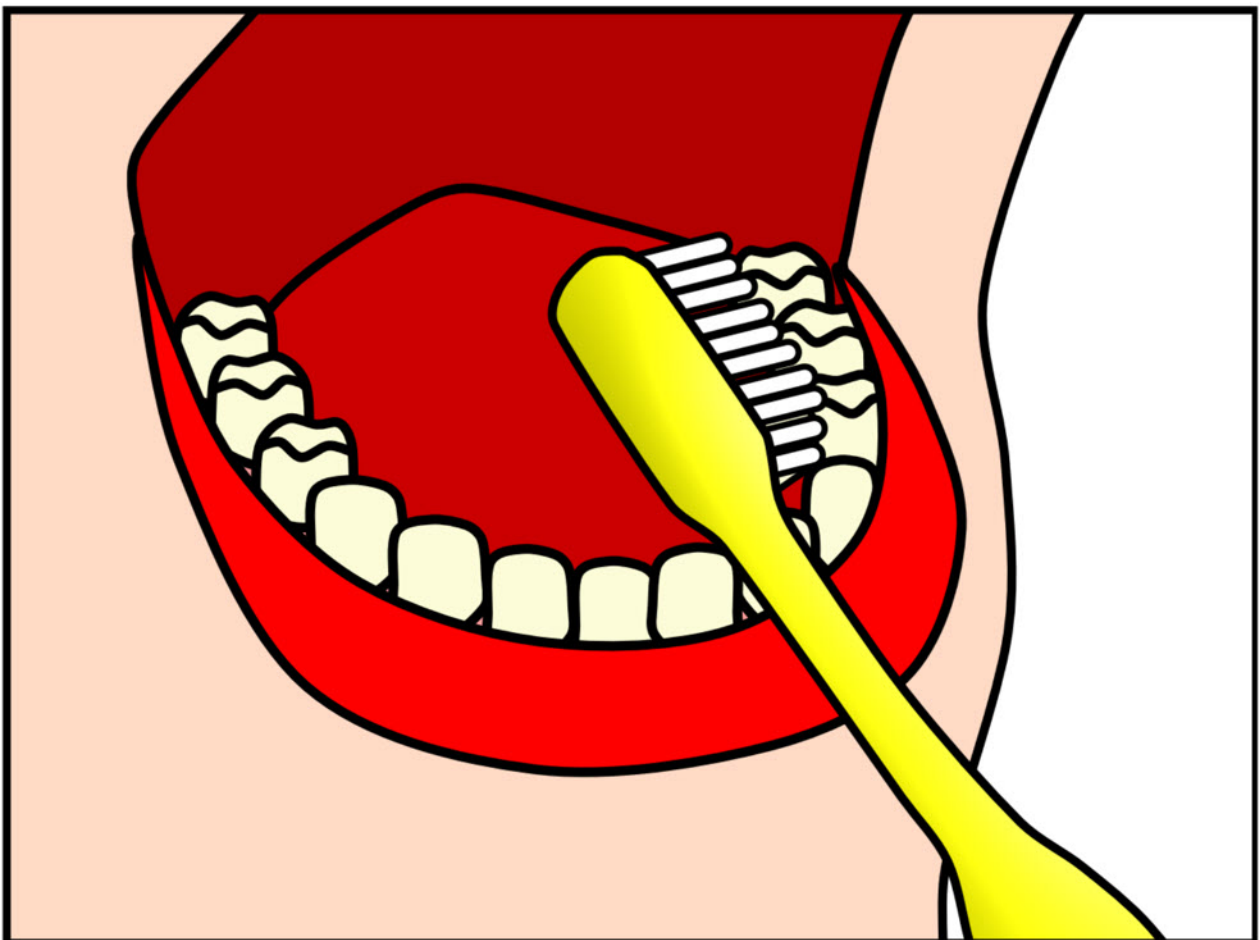
Move your brush
backwards and forwards.



Then gently brush the edges facing inwards.

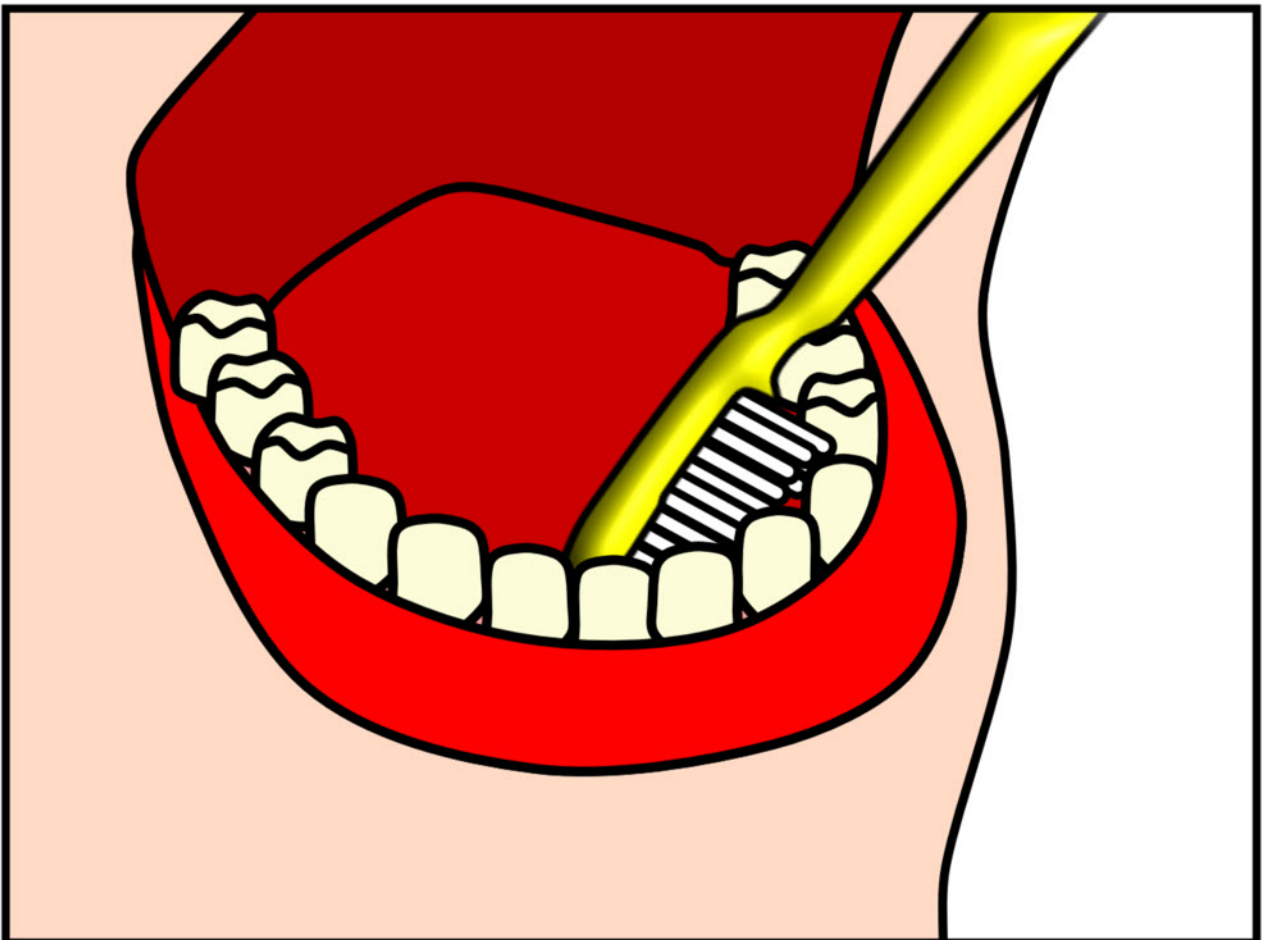
4

Brush 2 or 3 teeth at a time, touching the gum.



5

Brush the insides of your top and bottom front teeth by tilting the brush upwards or downwards.



Lastly, gently brush the biting surface of your teeth.

6

Spit out any remaining toothpaste to finish.

