Toothbrushing Tips

2 Minutes

BACK TEETH
Little, soft circles
- On the outsides
- On the insides
- On the chewing sides

DON’T FORGET YOUR TONGUE!

FRONT TEETH
- Use the tip of the brush
- Move it up and down

2 Times a Day
FLOSSING

Pinch floss between thumb and pointer finger

Gently wiggle floss between teeth

Wrap the floss around each tooth and move the floss up and down

Flossers may make flossing easier!

clean between your teeth at least 1 TIME a DAY