

# Toothbrushing

## *Tips*

# ***2 Minutes***

## **BACK TEETH**

*Little, soft circles*

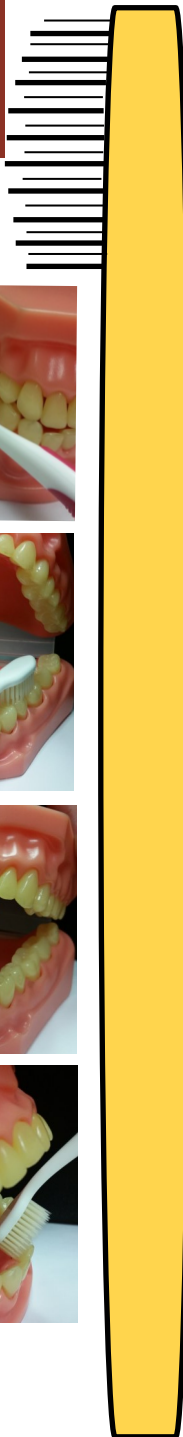
- ~ On the outsides
- ~ On the insides
- ~ On the chewing sides

***DON'T FORGET  
YOUR TONGUE!***

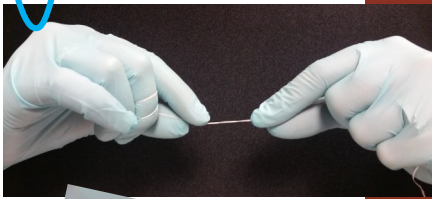
## **FRONT TEETH**

- ~ Use the tip of the brush
- ~ Move it up and down

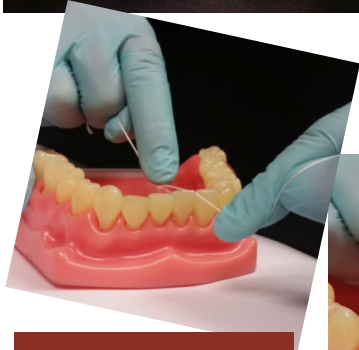
# ***2 Times a Day***



# 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**