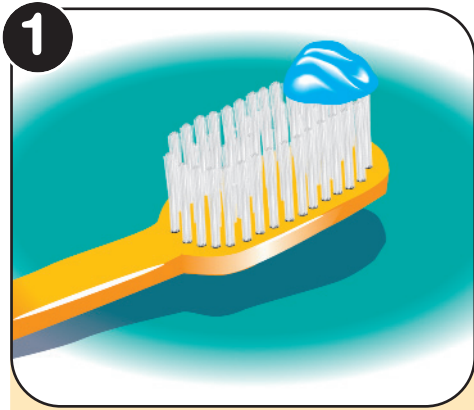


# How to Brush Your Teeth



✓ Brush your teeth at least 2 times a day for 2 minutes each time. 

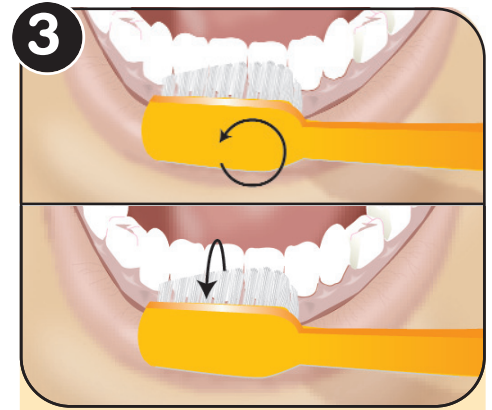
✓ Brush in the morning  and at night  before bed.



1 Place a pea-sized amount of toothpaste on your toothbrush.



2 Brush the outside of each tooth. Hold the bristles of the toothbrush at a 45 degree angle at your gumline. The gumline is the place where the gums and teeth meet.



3 Move the brush in small circles gently at the gumline, then sweep the brush away from the gums. Repeat 5 times in each area.



4 Brush the inside of each tooth, sweeping the brush away from the gums. Repeat 5 times in each area.



5 Brush the chewing surface of each tooth using a back and forth motion. Remember to reach all the way to the back of your mouth. Repeat 5 times in each area.



6 Don't forget to brush your tongue to get rid of the germs and keep your breath fresh.

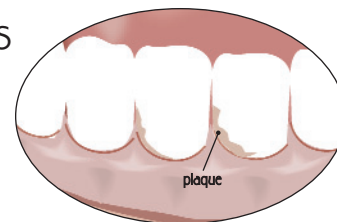
## Tips:

- Choose a soft, age appropriate toothbrush.
- Don't rush! Take your time when you brush your teeth.
- Be gentle. Brushing hard could hurt your gums!
- Brush the way your teeth grow. Brush up for your bottom teeth and down for your top teeth.
- Develop a routine to make sure you clean each tooth. For example, always start on one side of the mouth, slowly moving to the other side of the mouth.
- Always start brushing at the gumline! Always brush away from the gumline.

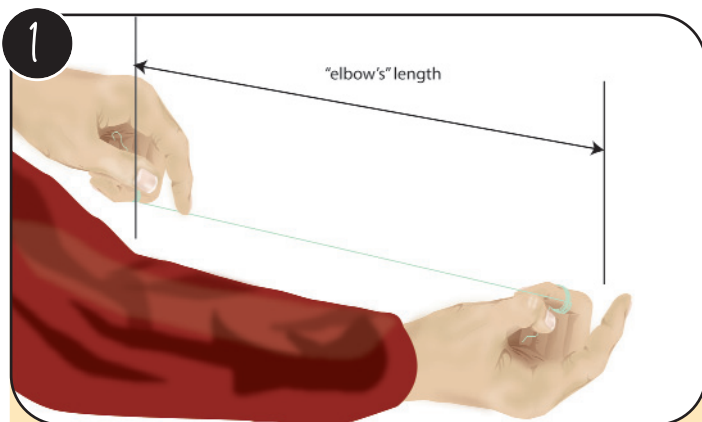


# How to Floss

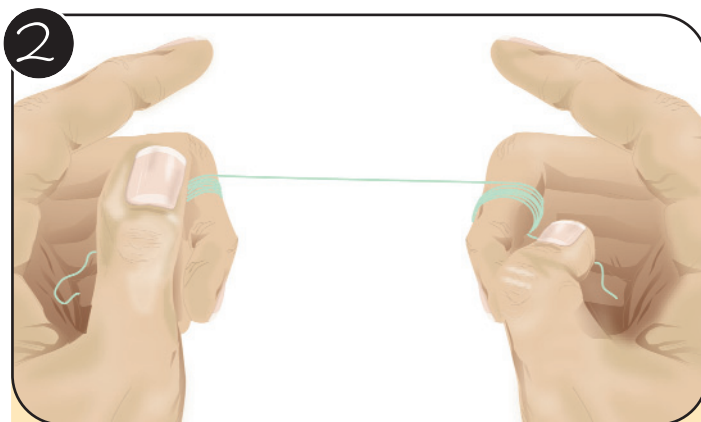
Your toothbrush can't get in between your teeth or under your gums so it's important to floss. To get rid of the plaque between the teeth and help prevent cavities, floss once a day.



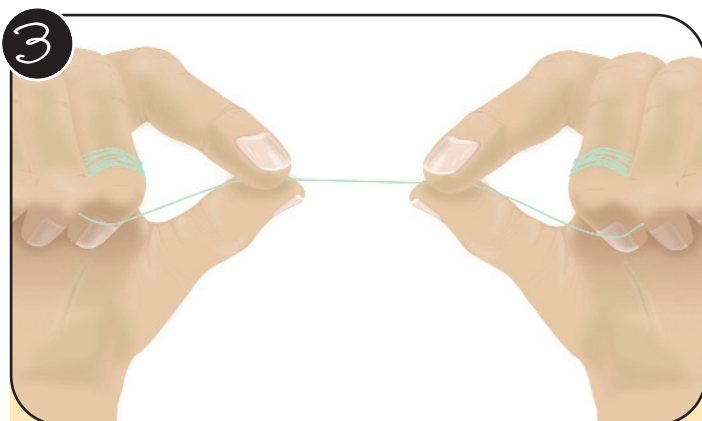
First floss, then brush your teeth!



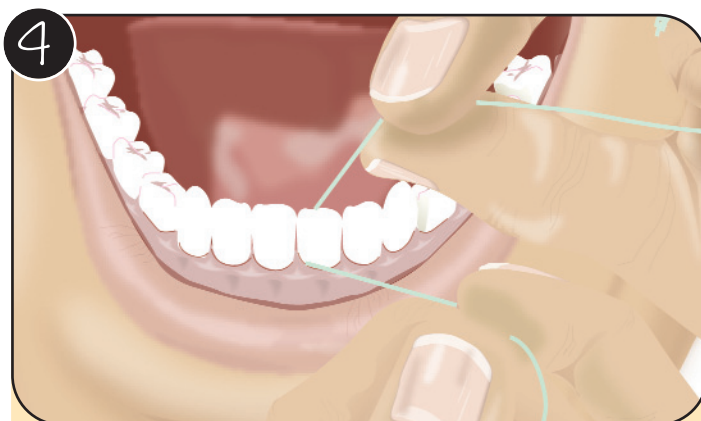
Take a piece of floss at least from the tips of the fingers to the elbow (elbow's length).



Wrap the floss around the middle finger of each hand.



Hold the floss with your thumb and index finger. The floss has to be pulled tight between your hands. Use your index fingers and thumbs to slide the floss gently between two teeth in a back and forth (see-saw) motion.



Wrap the floss along the side of the tooth in a C-shape. Gently move the floss under the gum. Move the floss up and down a couple of times along the sides of each tooth to remove plaque.  
**Be gentle so that you do not hurt your gums.**

## Tips:

- Remember to floss both sides of each tooth.
- Move to a new section of floss for each tooth.
- Don't forget to floss the back teeth.
- Develop a routine to make sure you floss each tooth. For example, always start on one side of the mouth, gradually moving to the other side.



- There are many different types of floss. Choose a type of floss that's easiest for you to use.
- Flavoured floss is a fun option for kids.
- Waxed floss can help if you have trouble getting the floss between your teeth.
- If you have trouble flossing (especially your back teeth), try using a plastic floss holder. Ask your dentist to recommend one that's right for you.