

Bright Smiles, Bright Futures

How to Brush

Brush 2x a day  morning
and  night for 2 minutes 



Use a **pea-sized**
squeeze of flouride
toothpaste



1



Outside

2



Inside

3

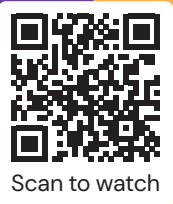


Where you chew

4



Tongue



Scan to watch