

# Know How To Brush

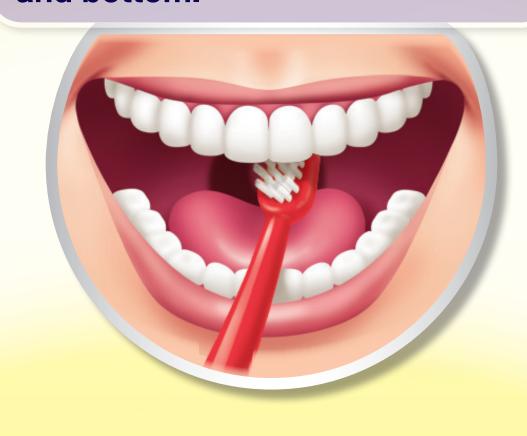
# 3. WAY IN THE BACK

**Brush chewing surface of** each tooth.



Use tip of toothbrush to brush behind each front tooth, both top and bottom.

4. BEHIND FRONT TEETH



# 5. TONGUE

Don't forget to brush your tongue.



## 2. INSIDE

**Brush inside surface of** each tooth, using wiggling technique in Step 1.



 Brush at least twice a day with fluoride toothpaste!

 Remember to brush all top and bottom teeth!



# 1. OUTSIDE

Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.





