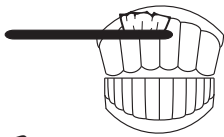
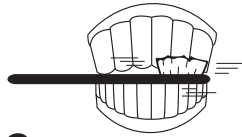


How to Properly Brush & Floss Your Teeth



1.
Angle the toothbrush slightly toward upper gums.



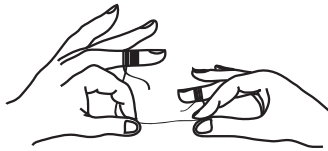
2.
Brush back and forth gently in very short strokes along teeth.



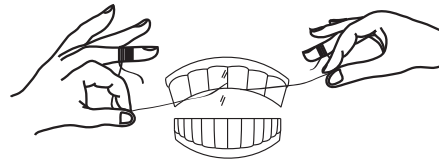
3.
When you finish brushing the outsides of teeth, brush insides and tops.



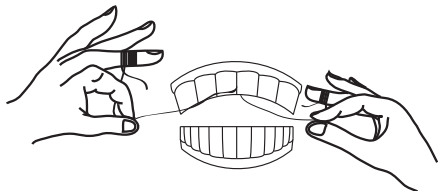
4.
Brush your tongue once you finish with your teeth to remove bacteria and keep your breath fresh.



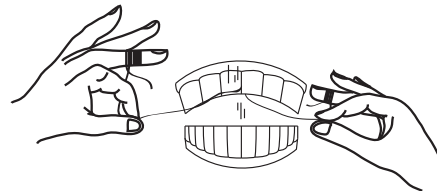
1. Wrap the floss around your middle fingers with a short section pulled tight in between.



2. Use your fingers to gently guide the floss between two teeth all the way to the gum. Use back and forth motion if the teeth are close together.



3. Wrap the floss around one of the teeth in a "c" shape to clean all around the tooth.



4. Gently move the floss up and down to remove plaque without hurting your gums.

Did you know?

Remember it is important to not only brush your teeth, but floss them as well. Make sure you're doing the job right, by following along with this fun activity sheet.