

BRUSHING YOUR TEETH

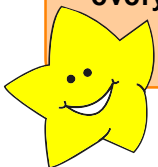


Brush your teeth for 2 minutes every time so you can keep your smile bright!

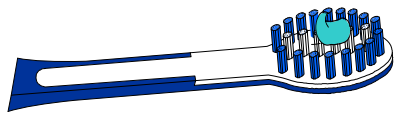


DAY

Brush your teeth at least twice a day. Once when you wake up and again before bed. For a brighter smile, brush after every meal.

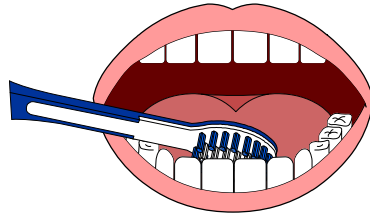


NIGHT



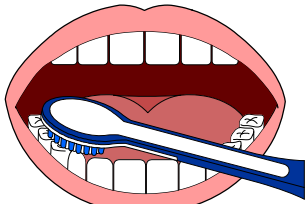
1

Ages 2-5, squeeze a pea-sized amount of fluoride toothpaste onto a small, soft toothbrush. Under 2, only a smear should be used.



2

Using small circular motions, gently brush the insides of your teeth. Make sure to jiggle along every tooth down to the gums.



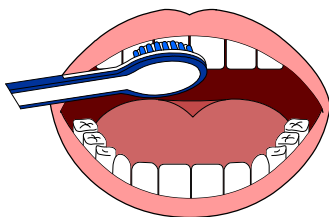
3

Using a back and forth motion brush along the chewing surfaces of your back teeth. (molars)



4

Using small circular motions again, gently brush the outsides of your teeth. Make sure to brush all the way down to the gums.



5

Repeat steps 2-4 on your top and bottom teeth. Be sure to brush every tooth until they are nice and bright!



6

Don't forget to brush your tongue! Germs and bacteria can be found anywhere in your mouth, so include your tongue when brushing.

- Parents should assist with tooth brushing until your child is approximately eight years old.

- Use a Brushing Chart (found on our website at www.alohakidsdds.com under Tooth Brushing) to help your child keep track of their daily brushing habits.

- The basis for this chart was provided by StarSmilez®