

# how to brush



1.

Smear a pea-sized amount of fluoride toothpaste onto a small head, soft toothbrush. Use low fluoride toothpaste for children 2-6 years of age unless otherwise recommended by a dental professional.



2.

Aim the toothbrush bristles at an angle towards the gum line.



3.

Gently jiggle the brush and move it in small circles over the teeth and gums.



4.

Repeat for inside surfaces of all teeth.



5.

For chewing surfaces use a light back and forth motion. Children should be encouraged to spit out the toothpaste after brushing.