

Let's brush!



Little Croc says,
grab a grown-up
– it's toothbrushing
time!

To brush the **OUTSIDES...**

Make a **BIG** smile
like a monkey



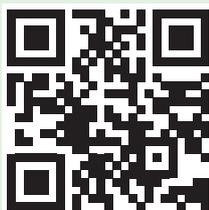
Brush in circles

To brush the
**INSIDES... open
wide and ROAR
like a lion**



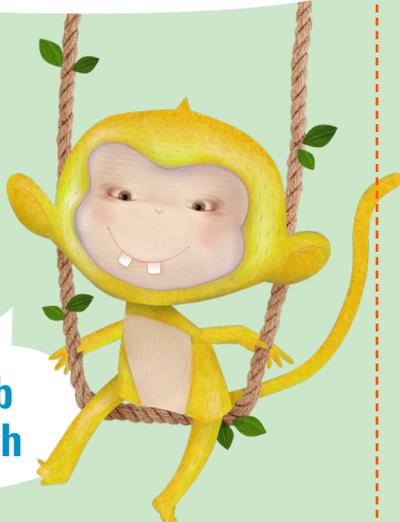
Brush in circles

Keep roaring like a lion
to brush the **BACK** teeth...



brush **BACK-and-FORTH**
on the top and the bottom

To finish,
spit out the
toothpaste
bubbles



You did a great job
brushing your teeth

CUT HERE

Stick the other side to the
bathroom mirror. Use it as
a prompt when brushing.

Join our fun animal friends to help children brush.

It doesn't matter where you start. You might
start at a different spot each time to make
sure all teeth are brushed over time.

Toothbrushing for kids

Brush twice a day • in the morning
(after breakfast) and last thing at night

Use a **soft small toothbrush**

If under 18 months	NO toothpaste
18 months to 5 years	Use a pea-sized amount of low-fluoride toothpaste
6 years and over	Use a pea-sized amount of standard (adult) fluoride toothpaste

Kids under 8 years need a grown-up to
help them brush. Take turns brushing with
your child.

Make brushing fun!

Scan the code to play fun toothbrushing
songs on your phone.

A quick check: have we brushed
all sides of all teeth?

top +
bottom?

outside +
inside?

front +
back?

Spit out the toothpaste bubbles –
don't rinse.

The leftover fluoride helps build strong
healthy teeth.



dental health
services victoria
oral health for better health

Feb 2020