

Brush Your Teeth Every Day



Step 1

Brush your teeth 2 times per day for at least 2 minutes each time - 2 for 2 is what you do!



Step 2

Place your toothbrush where your teeth and gum meet. Brush in small circles to loosen the plaque.



Step 3

Work in a pattern: brush the outside, brush the inside, and brush the chewing surfaces.



Step 4

To brush behind the front teeth, use the tip of your toothbrush: brush down on the upper, and brush up for the lower.