

Tooth Brushing

Brushing your teeth is an important part of being clean. You should brush your teeth in the morning and at night and any time you eat sugary snacks. Follow these steps to have a clean mouth.

- 1 Get your toothbrush wet.**



- 2 Put a little bit of toothpaste on your toothbrush.**



- 3** Brush your teeth where the gums and teeth come together.
Brush each tooth on the front and back.



- 4** Keep brushing for at least two minutes. An adult can set a timer for you.



- 5** Spit the toothpaste in the sink. Then rinse your mouth with water.



- 6** Rinse all the toothpaste off your toothbrush and put it away.

