

BRUSH YOUR TEETH

Step by step with Tavi



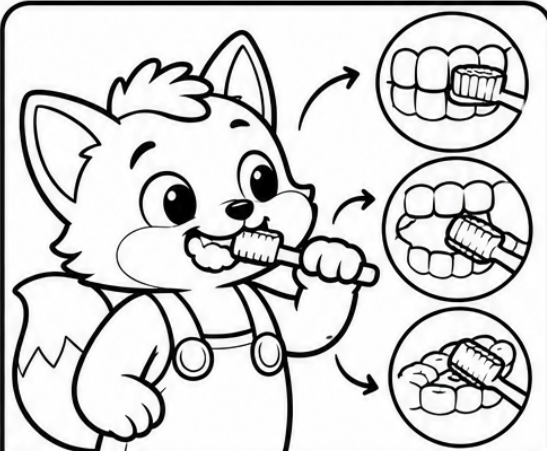
1. Ask a grown-up to help.



2. Get your soft brush and fluoride toothpaste.



3. Your grown-up adds a tiny amount.



4. Brush outside, inside and chewing surfaces for two minutes.



5. Spit out the toothpaste. Do not swallow.



6. Rinse your brush and put it away.

Grown-ups: under 3, a rice-sized smear; ages 3-6, a pea-sized amount.
Help your child brush morning and night. Guidance: ADA / MouthHealthy.org