

# Cleaning your teeth

Using a pea sized amount of fluoride toothpaste and two minutes of time



**1** Place the brush at a 45° angle to the front tooth surface. Bristles must contact both lines of tooth and gum.



**2** Move the brush in a small, jiggling, circular motion.



**3** Clean the inside surfaces of the back teeth by moving the brush in a small back and forth motion.



**4** Clean the inside surfaces of the front upper teeth by tilting the brush vertically using small up and down strokes.



**5** Clean the inside surfaces of the front lower teeth by tilting the brush vertically using small up and down strokes.



**6** Move the brush in a back and forth motion to clean the biting surfaces.

Remember to also brush the tongue with a small toothbrush to remove food and debris.

**Remember....Spit out, and do not rinse the mouth after brushing your teeth, give your toothpaste longer to work**

(Source: Mouth Care Matters)