

How to Brush Your Teeth

___. Brush your teeth thoroughly using gentle strokes of your toothbrush for at least 2 minutes.

1 . Squeeze a small amount of toothpaste on your toothbrush.

___. Rinse your mouth with fresh water.

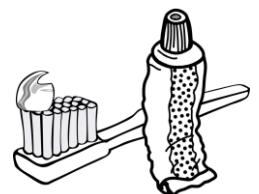
___. Lightly wet your toothbrush under the tap.

___. Spit out all of the toothpaste into the sink.
Take care not to swallow any.

• Toothpaste

• Water

• Cup



• Toothbrush

Steps

