

brush-baby how to brush your teeth

remember to
brush your
teeth 2 minutes
twice a day

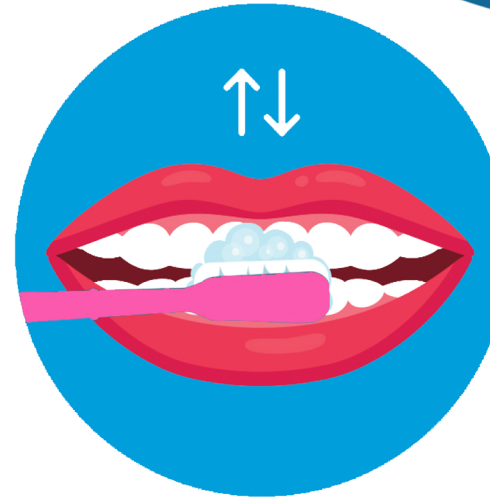


put a smear/pea size amount
of toothpaste on your toothbrush

0-3yrs = a smear 3+yrs = pea-size



with your toothbrush
brush your teeth in circles



then brush your teeth
up and down



gently brush behind
your teeth



brush the tops of your teeth
where you chew your food



gently brush the germs
away from your tongue



WOW!
you deserve a sticker

parent tip :

When your little one is
showing a full set
of teeth, divide their
mouth into 4 areas.

Brush each area for
30 seconds, until you
have brushed the
entire mouth for
2 full minutes!