



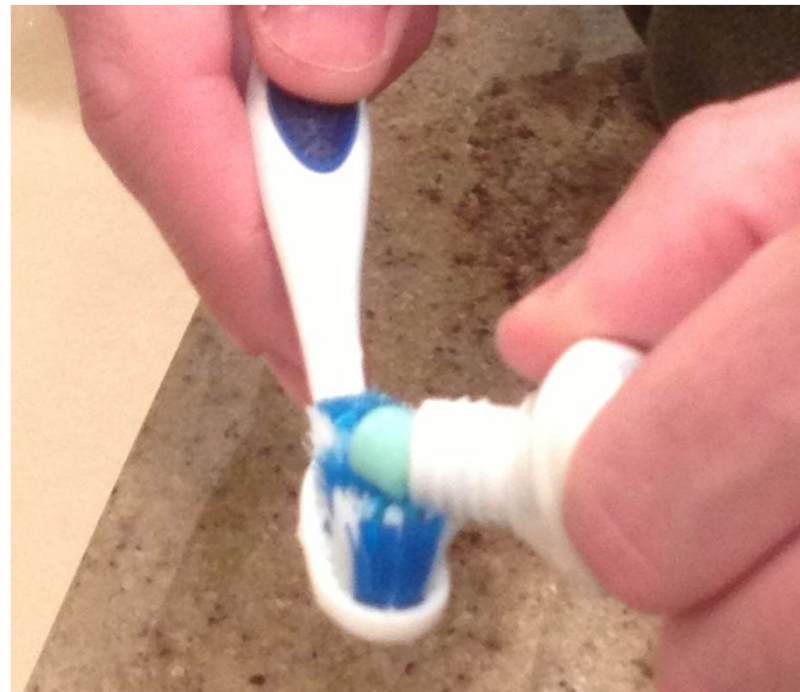
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A Division of Bellefaire JCB

How to Brush Your Teeth – Step by Step Instructions

Activity Story



Step 1: Wet your toothbrush with water and apply a thin layer of toothpaste.



Step 2: Start with your upper back teeth, left side, outside surface. Brush each tooth in a short circular motion for 10 seconds. Move the brush from tooth to tooth in a clockwise direction.





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Step 3: Roll bristles away from gumline, across surface of teeth, to remove food and plaque.



Step 4: Continue brushing the outside surface in a clockwise direction, ending with the lower back teeth on your left side.





Step 5: Repeat steps 2 through 4 for the inside surface of the upper and lower back teeth.





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Step 6: Brush inside surface of upper front teeth 2 to 3 times. Move bristles away from gumline down the surface of your teeth.





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Step 7: Brush inside surface of lower front teeth 2 to 3 times. Move bristles away from gumline up the surface of your teeth.





Step 8: Using a circular motion, gently brush the chewing surface of all of your teeth.



Step 9: Gently brush your tongue and the inside of your cheeks. Do not apply too much pressure.



Step 10: Rinse your mouth with water and then mouthwash. Rinse your toothbrush under water. If needed clean the inside bowl of your sink. You are finished!

