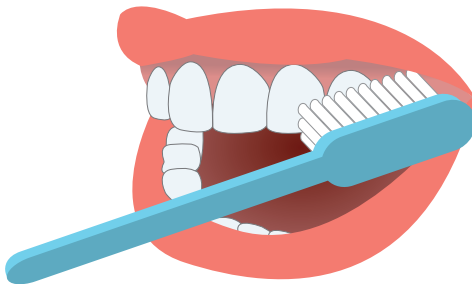




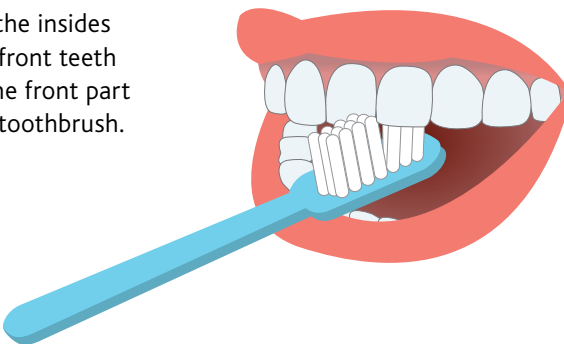
Brushing



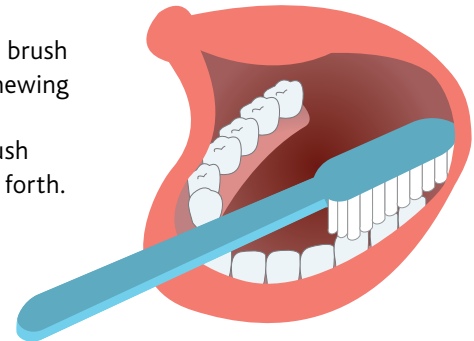
1. Use a ¼" of tooth paste. Place the brush alongside the teeth, with the bristle tips angled against the gum line. Use short strokes in a circular motion.



2. Brush the insides of the front teeth with the front part of the toothbrush.



3. Place the brush on the chewing surfaces. Move brush back and forth.



4. Develop a routine to brush all surfaces. Start on the inside. Brush the inside, outside and chewing surfaces of all teeth. Brush the inside of the mouth, cheeks and tongue.