

Brush when you wake

Clean and protect your teeth, ready for the day ahead!



Brush before bed

Sugar-Bugs keep working at night.
So, shield your teeth with fluoride, before you fall asleep.



How to brush your teeth!



Step 1

Pop a pea-sized amount of toothpaste* on your brush.



Step 2

Gently brush the outside, the whole way around using small circles.



Step 3

Open wide! Brush the surfaces that crunch. Slowly does it!



Step 4

Next, gently brush all inside surfaces, top and bottom.



Step 5

Spit, don't rinse! Keep the fluoride shield on the teeth.

All done!

Remember:
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Brush before bed.

*A pea-sized amount of fluoride toothpaste is recommended for everyone aged 3 and above.



Visit the Dentist regularly



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you wake



Brush before bed

