

Toothbrushing guide

for children aged 3+

I brush my teeth two times a day for two minutes. I brush my teeth once in the morning and once last thing before I go to bed at night.

This is how I should brush my teeth but my parent or guardian will help me brush my teeth until I am 7 and then continue to watch me closely to make sure I am doing a good job!



I put a pea sized amount of toothpaste on the bristles of my toothbrush.



I brush my teeth in small circles tickling my teeth and gums.



I brush all areas of my teeth, the inside near my tongue, the outside near my cheek and the tops that I use to bite with.



I tilt my toothbrush to make sure I brush the inside of my front teeth too!



When I have brushed all my teeth, I spit out the toothpaste in my mouth and do not rinse out with any water.