

BRUSH 2WIN

A program of the BCDA

7 TIPS FOR HEALTHY TEETH

For kids and parents

- 1 Brush for two minutes.
- 2 Use a small amount of toothpaste. Don't forget to spit it out!
- 3 Use a soft toothbrush that's small enough to reach all your teeth.
- 4 Brush where your teeth touch your gums.
- 5 Brush after breakfast and before bedtime.
- 6 Clean every tooth.
- 7 Don't forget to floss.



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