

FAMILY HEALTH HANDOUT: DENTAL BRUSHING TEETH

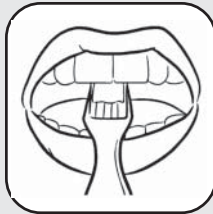
HOW TO BRUSH



**USE A PEA-SIZE
AMOUNT OF
TOOTHPASTE.**



**BRUSH TOP
AND BOTTOM
OF YOUR TEETH'S
CHEWING SURFACES.**



**BRUSH THE OUTSIDE
AND INSIDE OF
YOUR TEETH.**



**BRUSH YOUR
TONGUE. SPIT OUT
ALL TOOTHPASTE.
RINSE YOUR
TOOTHBRUSH.**



HEALTH CHALLENGE

Brush teeth each morning and evening
for 2 minutes.



STICK IT UP!

**YOUR BATHROOM MIRROR
WOULD BE A GREAT PLACE.
THIS HANDOUT WILL HELP
YOUR WHOLE FAMILY BRUSH
ITS BEST.**