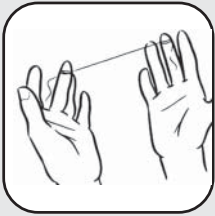


# FAMILY HEALTH HANDOUT: DENTAL FLOSSING TEETH

## HOW TO FLOSS



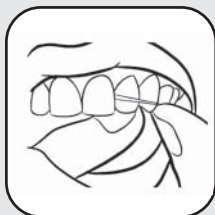
**GENTLY WIND THE FLOSS AROUND THE MIDDLE FINGER OF ONE HAND AND THE REST AROUND THE MIDDLE FINGER OF YOUR OPPOSITE HAND**



**USING YOUR INDEX FINGERS AND THUMBS,**



**GENTLY SLIDE THE FLOSS BETWEEN 2 TEETH. DO NOT SNAP IT THROUGH; GENTLY SLIDE IT THROUGH.**



**BRING THE FLOSS UP AND DOWN SEVERAL TIMES. BE SURE TO GO BELOW THE GUM LINE. SLIDE THE FLOSS BACK AND FORTH AGAINST THE TOOTH SURFACE.**



**DON'T FORGET TO FLOSS THE BACK OF THE LAST BACK TOOTH.**



### HEALTH CHALLENGE

Floss once a day every day.



**STICK IT UP!  
YOUR BATHROOM MIRROR WOULD BE A GREAT PLACE. THIS HANDOUT WILL HELP YOUR WHOLE FAMILY FLOSS ITS BEST.**