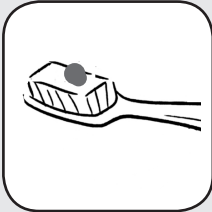




FAMILY HEALTH HANDOUT: DENTAL BRUSHING TEETH

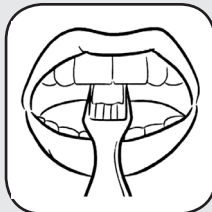
HOW TO BRUSH



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.