



FAMILY HEALTH HANDOUT: DENTAL FLOSSING TEETH

HOW TO FLOSS



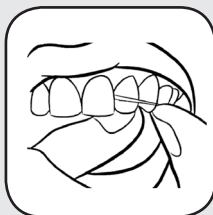
GENTLY WIND THE FLOSS AROUND THE MIDDLE FINGER OF ONE HAND AND THE REST AROUND THE MIDDLE FINGER OF YOUR OPPOSITE HAND



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.**