

BRUSHING YOUR TEETH



Can you put the steps in order?

Brush your teeth
Gently brush all surfaces in small circular motions.

①

Rinse your toothbrush
Wet the bristles with water.

②

Rinse your toothbrush and store it upright
Clean the brush and let it air dry.

③

Apply toothpaste
Add a pea-sized amount of fluoride toothpaste.

④

Spit, don't rinse
Spit out the toothpaste—avoid rinsing with water to keep the fluoride working.

⑤

Correct order:

**Rinse your toothbrush
Wet the bristles with water.**

**Apply toothpaste
Add a pea-sized amount of fluoride toothpaste.**

**Brush your teeth
Gently brush all surfaces in small circular motions.**

**Spit, don't rinse
Spit out the toothpaste—avoid rinsing with water to
keep the fluoride working.**

**Rinse your toothbrush and store it upright
Clean the brush and let it air dry.**