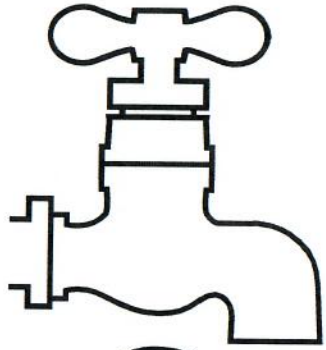


# Make it a habit!

Brushing your teeth 2 minutes 2 times a day keeps your mouth healthy and smile bright.

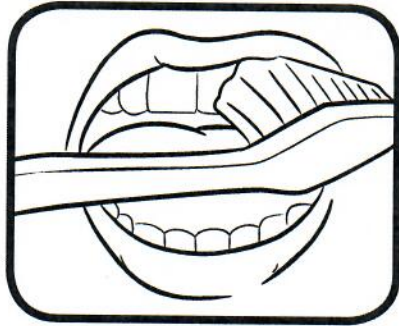
And when you're thirsty, choose tap water. Make it a habit for a great smile!

Fill in the calendar dates in the corner then check off each of the 2 boxes every time you brush.

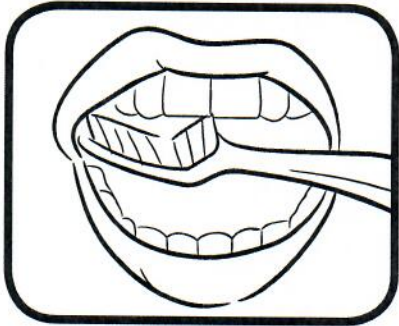


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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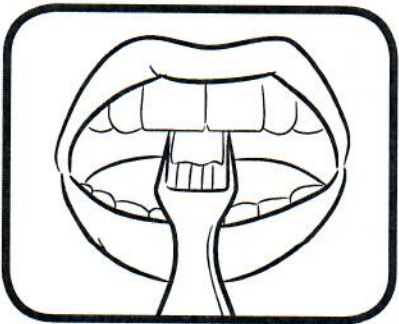
# How to Brush



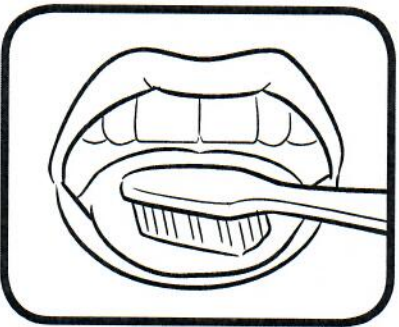
- Place the toothbrush at a 45-degree angle to the gums.



- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.

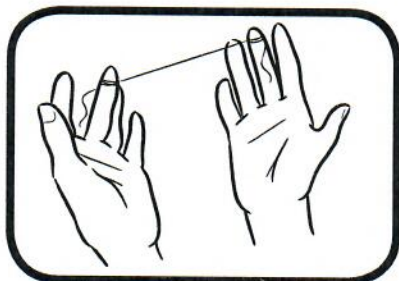


- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

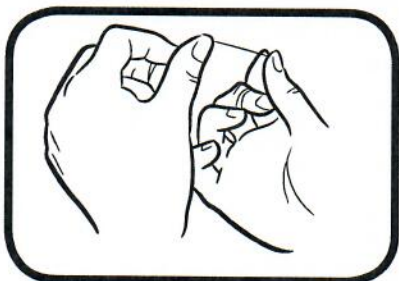


- Brush your tongue to remove bacteria and keep your breath fresh.

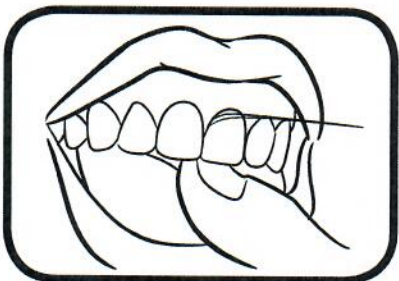
# How to Floss



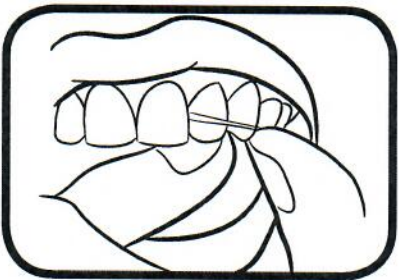
- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.



- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



- Floss all your teeth. Don't forget to floss behind your back teeth.