Answer the Call!
Know How To Brush

1 Make sure you brush each tooth surface all the way to the gum line.

2 Brush inside of each tooth the same was as in step 1.

3 Brush the biting surface of each tooth.

4 Use tip of brush to brush behind each front tooth, both top and bottom.
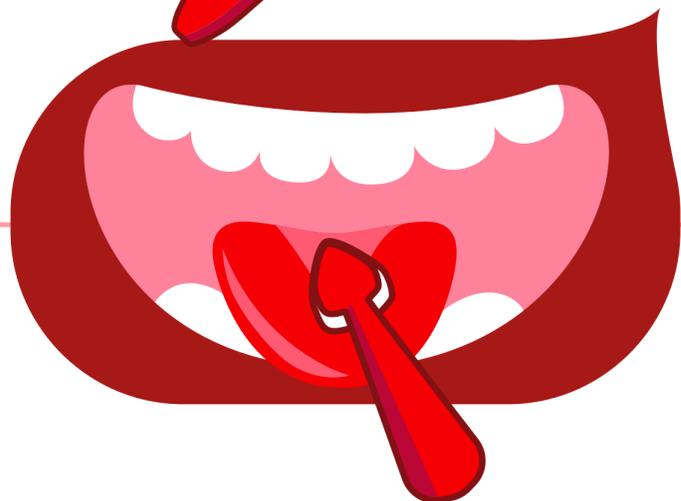
5 Supervise and assist your child's toothbrush until they are at least 7 years old. Show them how to systematically clean all surfaces, leading by example.

Oral Health Hero Tips

• Brush teeth twice a day with fluoride toothpaste, before bed and on one other occasion.
• Limit sugary snacks & drinks.
• Supervise your child during toothbrushing until they are at least 7 years old.