Step by Step Brushing our teeth

1. Brush your teeth twice a day; after Breakfast and before going to bed. Always go to sleep with Clean Teeth!

2. Use a soft small toothbrush that can reach inside all your mouth. Use toothpaste that you like - don’t use too much! Use a pea sized bit.

3. IMPORTANT!

4. Brush your teeth twice a day; after Breakfast and before going to bed. Always go to sleep with Clean Teeth!

To order more of this resource, contact KAMSC Health Promotions on Phone: (08) 9192 6435, Fax: (08) 9192 6127