



Use a smear amount of toothpaste for up to three year olds.



Use a pea sized amount of toothpaste.



Brush top teeth on the outside (Cheek side).



Brush inside of your teeth (Palate side).



Brush biting surface.



Brush bottom teeth on the outside (Cheek side).



Brush inside of your teeth (Tongue side).



Brush biting surface.

(1a, 1b, Children under 7 need to be supervised while brushing).

A **guide** to brushing your teeth and gums.



Ensure you use a fluoride toothpaste at a strength between 1000 - 1500ppmF.



Spit - Do not rinse.