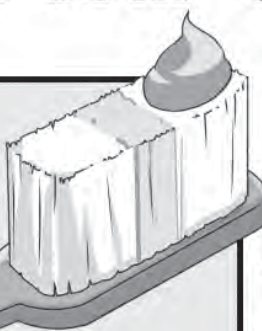


How to Clean Your Child's Teeth


1

Use a soft, child-size toothbrush. Put a peasized spot of toothpaste on your child's brush. Use toothpaste with fluoride.




5

Move the brush in gentle circles. Clean the outsides and insides of all the teeth.



2




Brush twice each day. Brush in the morning, after breakfast. Brush again at night, before bed time.

6

Move the brush back and forth to clean the chewing surfaces. Brush for two minutes. Brush your child's tongue.




3



Sit with your child on your lap, facing away from you. Tilt your child's head back so you can see his or her teeth.

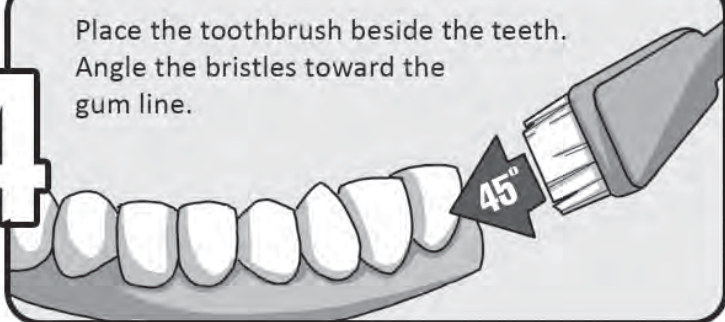
7

Once every day, floss between the upper and lower teeth. A "flosser" can make flossing easier.



4

Place the toothbrush beside the teeth. Angle the bristles toward the gum line.



8

Replace your child's toothbrush every 3 to 4 months. Or, replace it when the bristles are frayed.

