TIPS FROM THE TOOTH FAIRY

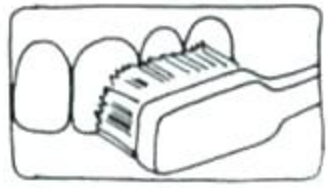
www.molarbearpediatricdentistry.com

How to brush

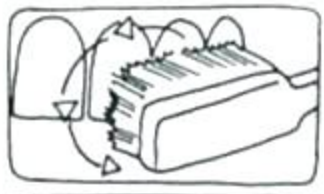
Use a soft toothbrush- the kind your dentist and hygienist tell you to use.

1. Apply your toothpaste. (use a pea size amount)

2. Brush your front teeth.



3. Brush in a circular motion.



4. Brush your back teeth.

5. Rinse your mouth and teeth.

After you brush your teeth, then it's time to FLOSS

THIS IS HOW YOU CLEAN BETWEEN YOUR TEETH AND GUMS.... (HAVE AN ADULT HELP YOU)