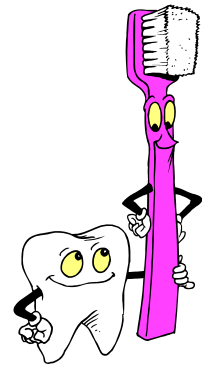
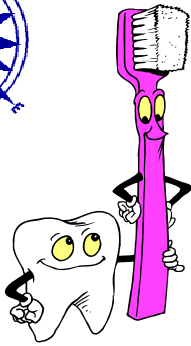




How to Brush

Children 3-8 years of age

Circular Scrub Method



Brush 2 times a day, morning and night, for 2 minutes each time.
Remember to brush all the outside, inside and chewing surfaces of the teeth.



Don't forget to brush your tongue!



Getting Started

1. With the teeth closed, place the brush inside the cheek with the bristles pointing towards the teeth.



Outside Surfaces

2. With light pressure on the toothbrush, begin brushing by moving the bristles in small, circular motions brushing the outsides of the top and bottom teeth in one motion.



Inside Surfaces

3. With mouth open, brush with tiny circular motions on the inside of all the top teeth, and then do the same for the inside of the bottom teeth.



Chewing Surfaces

4. Brush the chewing surfaces of the teeth with a small, circular scrubbing motion. Finish off by brushing your tongue. It helps to freshen your breath!