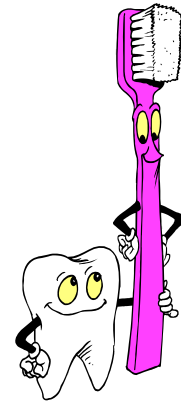
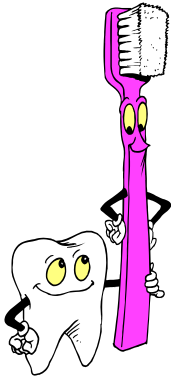




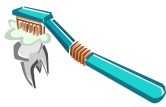
# How to Brush

Children 9-14 years of age

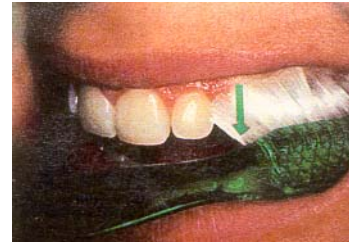
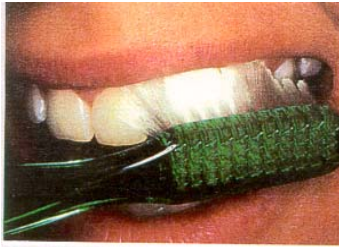
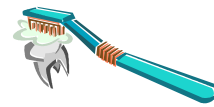
## Rolling Stroke Method



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!

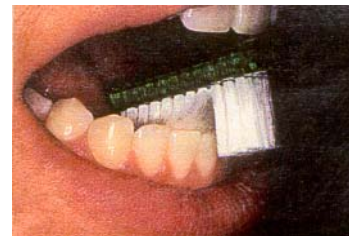


### Getting Started

1. Place the bristles of a soft toothbrush against your teeth, with the bristles pointed up for the top teeth and down for the bottom teeth.

### Outside Surfaces

2. Apply pressure to the brush against your gums and roll the bristles down for the top teeth and up for the bottom teeth.



### Inside Surfaces

3. Using the same gentle rolling stroke method, brush the inside surfaces of all the teeth front and back.

4. To clean the inside surfaces of the front teeth, tip the brush vertically, and roll the bristles using gentle up and down strokes with the toe of the brush. Remember to brush your tongue. It helps to freshen your breath!