How to brush your child’s teeth

**Step 1**
Start where the teeth and gums meet. Brush both outside and inside surfaces of all upper teeth. Move in a circular motion angling bristles slightly upward so that both the teeth and gums are cleaned.

**Step 2**
Repeat with all the lower teeth but angle bristles downward. Gently pull lower lip and cheeks back to ease access.

**Step 3**
Pay attention to the inside surfaces of all front teeth.

**Step 4**
Brush chewing surfaces of upper and lower teeth.

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**Don't forget to floss daily!**
The easiest way to floss your child’s teeth is to use a flossette.

Place the floss on top of the gap and push through.
Use the floss or a flossette to drag up and down both sides of the teeth.