



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.



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.

Step 4

Brush chewing surfaces of upper and lower teeth.



Visit www.todaysdentistry.com.au or call 3263 2677 for more valuable facts for you and your family's dental health.

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