

# TOP TIPS



## Top Tips for Tooth Brushing

Brushing your teeth is one of the most important things you can do to look after them. Many people brush their teeth, but don't do it properly or for long enough. Follow the tips below to have healthy teeth and gums.

- Use a toothbrush with a small head.
- Squeeze a pea size blob of toothpaste onto your brush.
- Do not wet your toothbrush as this helps the fluoride in the toothpaste to stay on your teeth for longer.

Place your toothbrush in your mouth so that the bristles are on your teeth and gums and gently use a small scrubbing action or little circles to brush away the germs on your teeth and gums. These germs are also known as **plaque**.

## BOTTOM TEETH

- It's best to start at the back on the outside of one side of your mouth and work your way around until you get to the other side.
- Next do the same for the insides, turning your toothbrush upside down to brush behind your front teeth. (If you splatter the mirror you are doing it properly!)
- Lastly, brush the chewing surfaces of your back teeth and make sure you get rid of any bits of food that's stuck in them.



## TOP TEETH

- Now for the top ones! Do exactly the same as you did for the bottom ones, starting at one side and working your way around.
- Don't forget the insides, this time standing your toothbrush upwards to brush behind your front teeth, remember to splatter the mirror!
- Again, finish off by brushing the chewing surfaces of your back teeth.



It's important you don't rinse your mouth when you have finished, just spit out any toothpaste left.

## REMEMBER

You need to brush your teeth twice a day and for at least 2 minutes each time. Try using a timer or listen to a song on the radio, these usually last around 2 minutes.

**Never be in a rush to brush!**