

#### Tooth & Paste's Guide to Brushing your teeth



# Step 1

Get your tooth brush and add tooth paste

0-3 years old



3-6 years old





#### Step 2

Brush your teeth in a circular motion getting your teeth and gums.



## Top tip

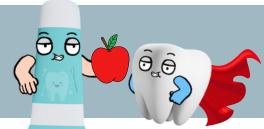
Look in the mirror when brushing so you can see where you have brushed!



#### Step 3

Spit out the foam Don't rinse with water





## Top tip

Remember to treat your teeth well and keep sugars to meal times!



This information was provided by Bedfordshire Oral Health Improvement Team. Information sheet created by Healthwatch Bedford Borough.