



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!

