



Important things for you to remember

If you use a normal toothbrush and brush your teeth with a lot of help.



Brush your teeth in the morning.

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Brush your teeth again at night.

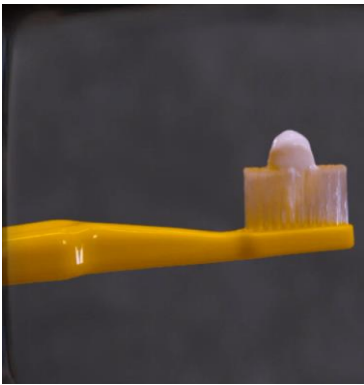
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Brush your teeth for two minutes.

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Use a small, soft toothbrush.



Use toothpaste – the size of a pea.



Brush on the top and the bottom.
Brush on the outside and the inside.
Brush the biting surface too.



Remember you should not rinse your
mouth with water.
Just brush, spit and go.

