

# Bright Smiles Heroes Journey

Answer the Call and  
Make Smart Choices!



# Answer the Call!

## Know How To Brush



1

### Outside

Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.



2

### Inside

Brush the inside surface of each tooth, using wiggling technique in Step 1.



3

### Way in the back

Brush the chewing surface of each tooth.



4

### Behind Front Teeth

Use tip of toothbrush to brush behind each front tooth, both top and bottom.



5

### Tongue

Don't forget to brush your tongue.

### Oral Health Hero Tips

- Brush at least twice a day with fluoride toothpaste!
- Remember to brush all top and bottom teeth!
- Remember to turn off the tap while brushing!
- Once teeth are touching, floss once a day to remove plaque!

