

Tips for brushing!

Brush your teeth **2** times a day for  with a **fluoride** toothpaste

Use the right amount of toothpaste for how old you are



Try and keep a brushing routine to the same time every day



Introducing the toothbrush by **Tell-Show-Do**

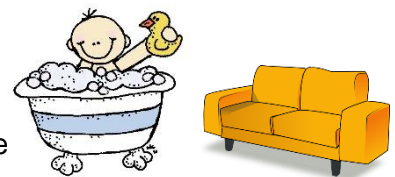


Download one of the brushing apps



for a mobile phone or tablet

Try and carry out toothbrushing in a place which is most comfortable



Spit



DON'T



Rinse!



Produced by Hannah Moore in association with The University of Sheffield

