

www.brushmyteeth.ie



## Video 1

**Tick the boxes  
as you brush**

**Normal toothbrush  
Without any help**



Brush in the morning.



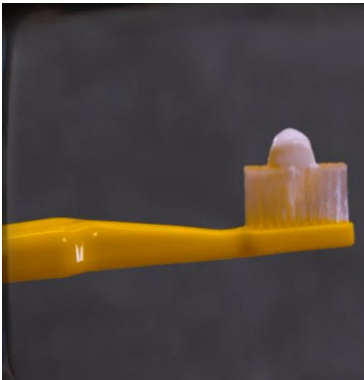
Brush again at night.



Brush for two minutes.



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.



Don't Rinse. Just brush, spit and go.

