

www.brushmyteeth.ie



Video 3

Normal toothbrush
With a lot of help

Tick the boxes
as you brush



Brush in the morning.



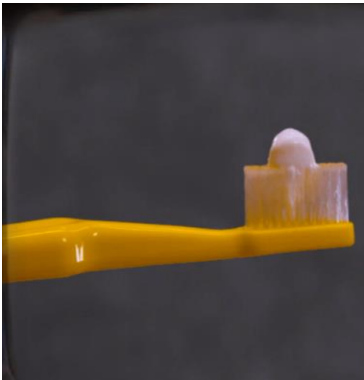
Brush again at night.



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.

