

www.brushmyteeth.ie



Video 4

**Tick the boxes
as you brush**

**Electric toothbrush
Without any help**



Brush in the morning.



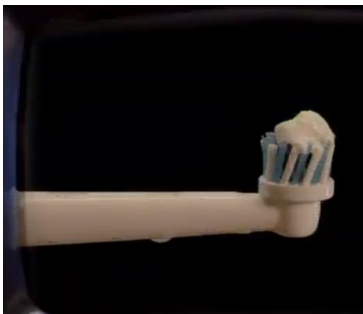
Brush again at night.



Brush for two minutes.



Use your electric 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.

