YOUR SMILE'S BEST FRIEND

Step-by-Step Teeth Brushing Guide

7 easy steps to a cleaner, brighter, healthier smile



Why brushing matters

Stops cavities

Brushing removes plaque, the sticky film where cavity-causing bacteria live.

Healthy gums

Cleaning along the gumline helps prevent redness, swelling and gum disease.

Fresh breath

Clearing away food bits and bacteria keeps your mouth feeling clean and fresh.

Your brushing toolkit

- Soft-bristled toothbrush
- Fluoride toothpaste
- Dental floss
- 2-minute timer
- Cup of water

2 x 2

The golden rule

Brush for 2 minutes, 2 times a day: once in the morning and once before bed. Add floss once a day for the gaps your brush can't reach.

Turn the page to start brushing!

Let's Brush!

Steps 1 to 4

1

STEP

Get Ready

Wet your brush lightly and squeeze on a pea-sized amount of fluoride toothpaste. Check that your toothbrush is clean and the bristles are not frayed.

- *Tip: for children 3 to 6 use a pea-sized dab; under 3, just a rice-grain smear.*

2

STEP

Angle the Brush

Hold the brush at a 45-degree angle pointing toward the gumline, so the bristles can reach the spot where your teeth and gums meet.

- *Tip: plaque loves to hide right at the gumline.*

3

STEP

Brush the Outer Surfaces

Use gentle, short, tooth-wide strokes (back and forth or tiny circles). Start with the outside of your upper teeth, then move to the lower teeth, covering every tooth.

- *Tip: light pressure is enough. Scrubbing hard can hurt your gums.*

4

STEP

Brush the Inner Surfaces

Repeat the same gentle strokes on the inside of your upper and lower teeth. For the front teeth, tilt the brush upright and use gentle up-and-down strokes.

- *Tip: the inside surfaces are the ones most people forget.*

Great start! Three more steps to go.

Keep Going!

5

STEP

Brush the Chewing Surfaces

Lay the brush flat on the tops of your back teeth and gently scrub back and forth to clear food and plaque from the grooves.

- *Tip: these deep grooves are where cavities love to start.*

6

STEP

Brush Your Tongue

Gently brush or scrape your tongue from back to front. This removes bacteria and helps keep your breath fresh.

- *Tip: be gentle. Your tongue is sensitive.*

7

STEP

Spit, Rinse and Store

Spit out the toothpaste and don't swallow it. Skip the big water rinse so the fluoride keeps working. Rinse your brush, then store it upright to air-dry.

- *Tip: replace your brush every 3 to 4 months, or sooner if it looks frayed.*

The 2-Minute Map: 30 seconds per section



- **Upper right - outside, inside and top**
- **Upper left - outside, inside and top**
- **Lower left - outside, inside and top**
- **Lower right - outside, inside and top**

Split your mouth into four sections and spend 30 seconds on each, covering the outside, inside and chewing surfaces before you move on.

Almost done! One more page of tips.

Tips and Tracker

Make it a habit

Do

- Brush twice a day for a full 2 minutes.
- Use fluoride toothpaste and a soft brush.
- Floss once a day between your teeth.
- Replace your brush every 3 to 4 months.
- Visit your dentist for regular check-ups.

Don't

- Don't scrub hard. Gentle strokes are best.
- Don't share your toothbrush with anyone.
- Don't swallow toothpaste.
- Don't brush right after acidic food or drinks; wait about 30 minutes.
- Don't skip the night-time brush.

How much toothpaste?

Under 3	Ages 3 to 6	Age 6 and up
Rice-grain smear	**Pea-sized dab**	**Pea-sized amount**
An adult brushes for them	An adult helps and watches	Brush on your own

My Brushing Tracker - colour a circle each time

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	○	○	○	○	○	○	○
Night	○	○	○	○	○	○	○

General information only. Ask your dentist for advice specific to you or your child.

Brush, floss, smile. See you in 2 minutes!