




Brushing Teeth

	Get toothbrush wet
	Put toothpaste on toothbrush
	Brush bottom left teeth for 20 seconds (make sure to brush your gums)
	Brush bottom right teeth for 20 seconds (make sure to brush your gums)
	Brush bottom center teeth for 20 seconds (make sure to brush your gums)
	Brush top left teeth for 20 seconds (make sure to brush your gums)
	Brush top right teeth for 20 seconds (make sure to brush your gums)



Brush top middle teeth for 20 seconds
(make sure to brush your gums)



Rinse mouth and wipe face