

NO MORE NASTIES!


DAILY BRUSHING CHECKLIST

GRAB THESE!

 Soft-Bristled Brush.

 Fluoride Toothpaste.


DO THIS!


 Angle Toward Your Gumline.

 Brush in Tiny Circles.

 Brush Each Side of the Tooth.

NOW THIS!

 Brush for Two Full Minutes.

 Spit! Don't Swallow.

GREAT JOB!

DON'T FORGET TO BRUSH TWICE A DAY!

MY NAME _____

