

For Children up to Age 8

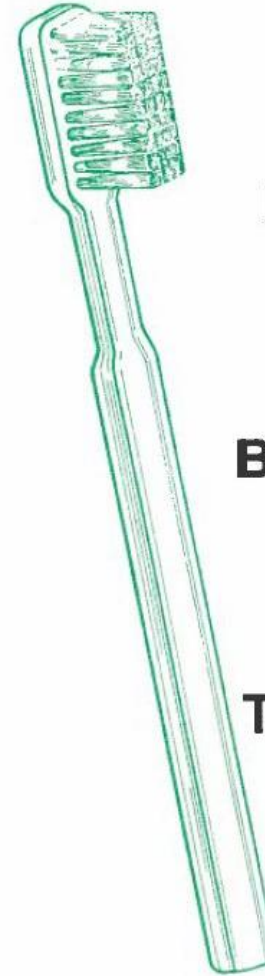


- *Put the child on your lap, or have him stand with his back to you and his head resting against your body.*
- *Brush as shown.*

Proper cleaning is important for healthy gums and teeth. Brushing with a SOFT toothbrush removes plaque and other debris from the outer, inner and chewing surfaces of the teeth.

Children under the age of 8 have not yet developed the skills to do this properly on their own. Parents should take full responsibility for a proper brushing.

Use the proper brushing method shown at least once a day.

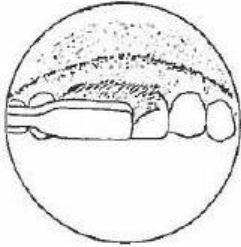


**HOW
TO
BRUSH
YOUR
TEETH**

*Preparation assisted by
Community Health
Central Region*

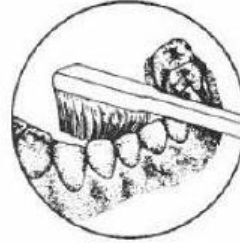

**Newfoundland
Labrador**
Department of
Health and Community Services

For Outer Surfaces of All Teeth



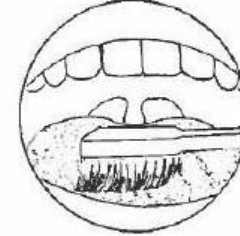
- *Tilt the brush at the gumline*
- *Use a short back and forth stroke*

For Inner Surfaces of All Front Teeth



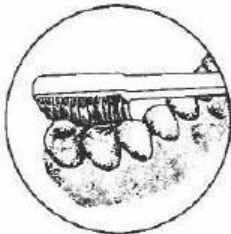
- *Tilt the brush*
- *Use a sweeping stroke, brushing each tooth individually.*

For the Surface of the Tongue



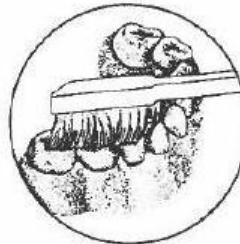
- *Place the bristles on the tongue.*
- *Use a back to front sweeping stroke.*

For Inner Surfaces of All Back Teeth



- *Tilt the brush at the gumline*
- *Use a short back and forth stroke*

For Chewing Surfaces of All Back Teeth



- *Place the bristles on the chewing surface.*
- *Use a back and forth scrubbing stroke.*