

# BETTER BRUSHING

- A pea-sized amount of toothpaste is all you need.
- Brush in a circular motion for best all-around cleaning.
- Make sure you brush every tooth. The toothbrush can only clean one or two teeth at a time, so move it around a lot.
- Don't brush teeth too hard - if you are squashing the bristles, lighten up!
- An old toothbrush (worn or bent bristles) doesn't work properly and can even hurt your gums. They should be replaced every two to three months. You should also get a new toothbrush after you've been sick.
- Use a toothbrush with soft, rounded bristles - hard toothbrushes can be harmful to your gums.
- Rinse your mouth after brushing.

