



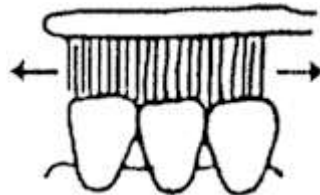
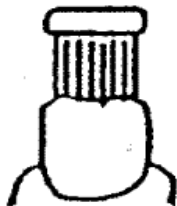
Brushing for Dental Health

Plaque is an invisible, sticky film that coats our teeth. It consists of germs (bacteria) that cause tooth decay (cavities).

Brushing your teeth after each meal will help to reduce tooth decay and gum disease. Encourage your children to brush their teeth after breakfast, after lunch and before they go to bed at night.

How to Brush

Scrub biting surfaces. On top of teeth where you chew, point the bristles of the toothbrush into the grooves and scrub gently back and forth.



Point the bristles toward the gumline and brush gently in a circular motion on both cheek and tongue sides of your teeth. It is stressed not to scrub vigorously back and forth on these surfaces for it can hurt the gums.

