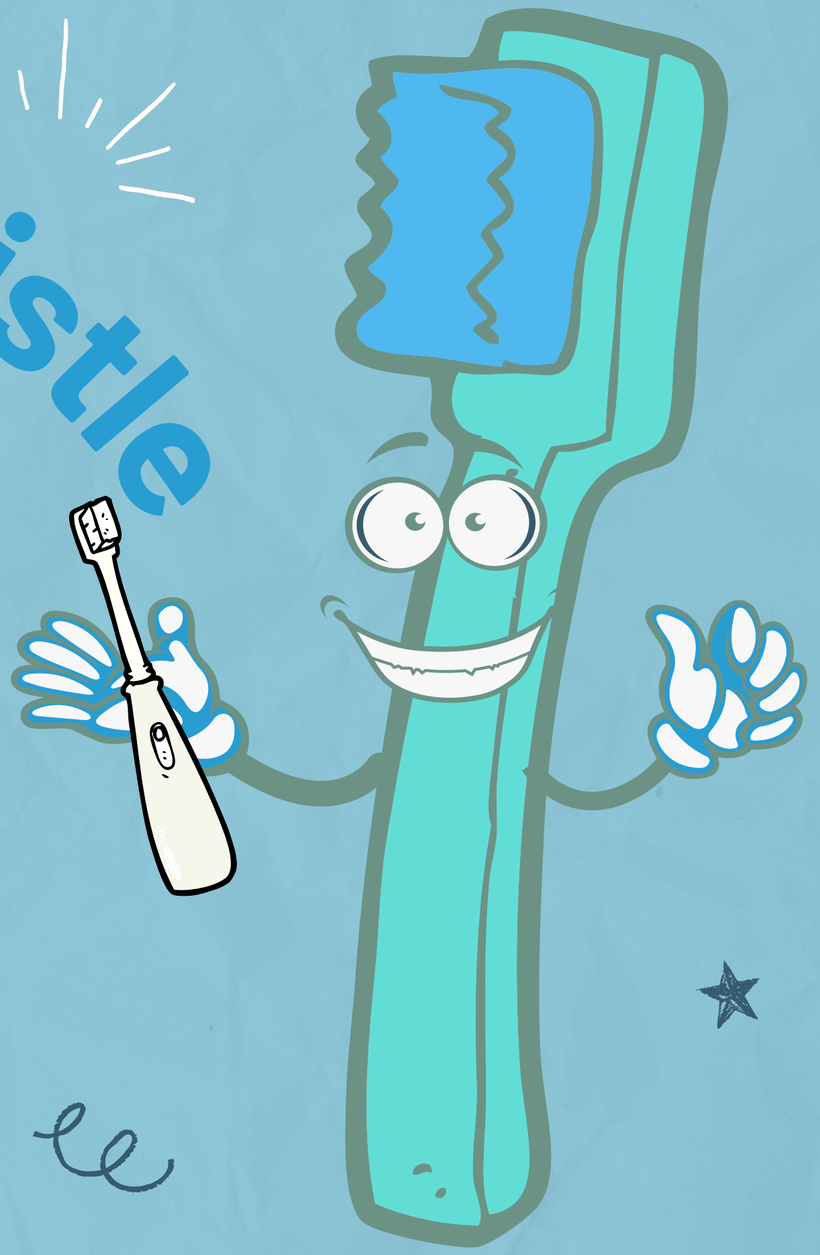
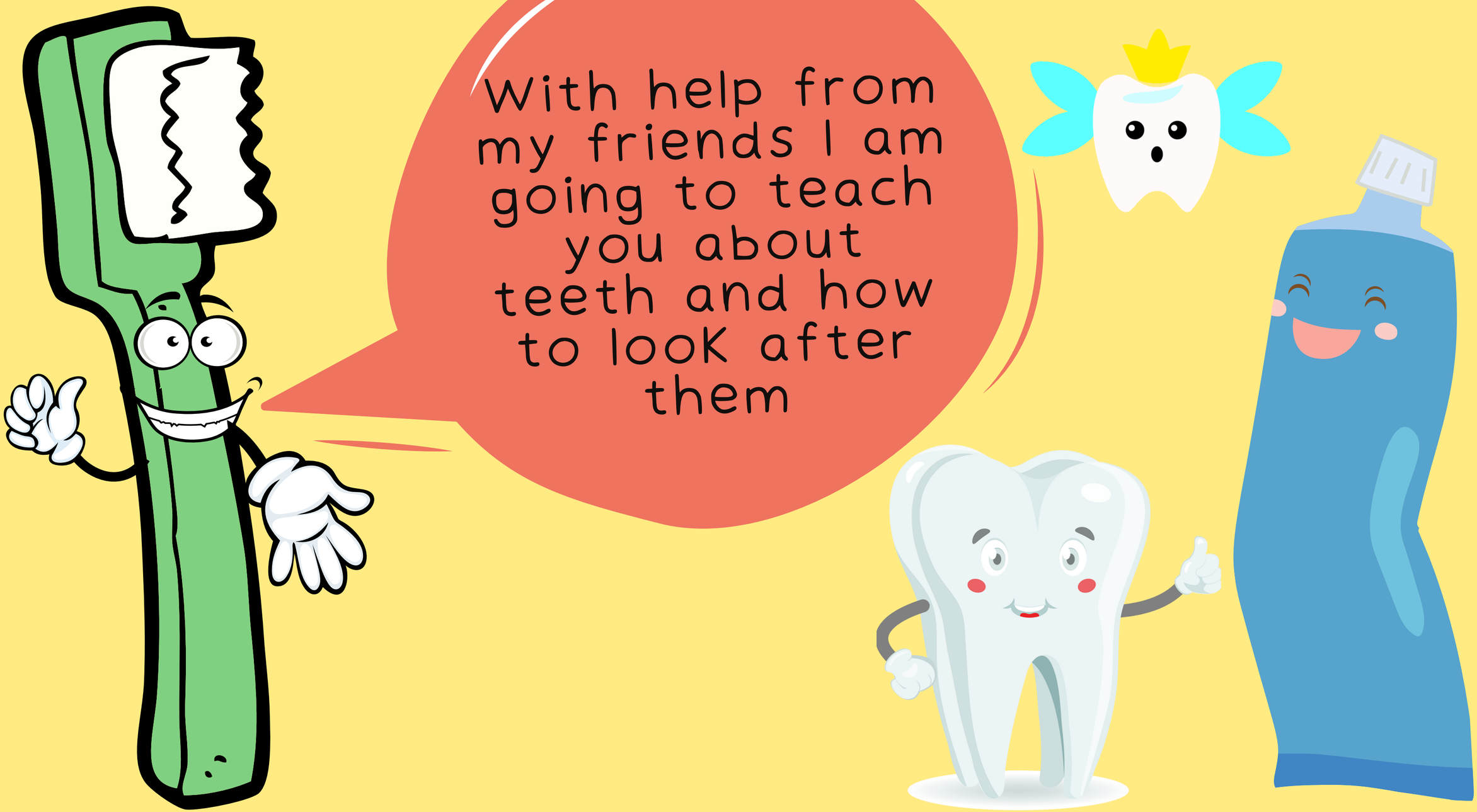
Peninsula Dental
Social Enterprise

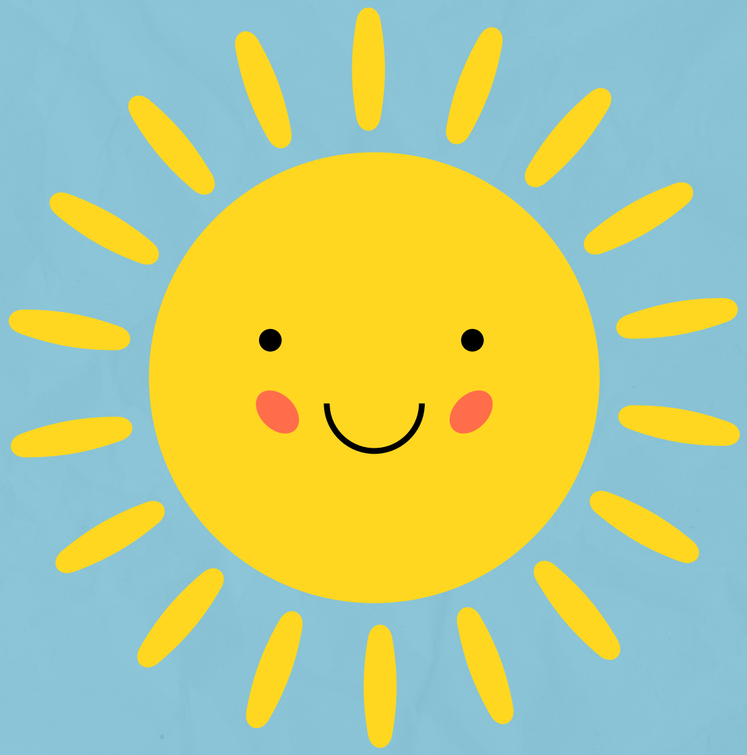
Brushing with Bristle

Little steps into Oral Health




With help from my friends I am going to teach you about teeth and how to look after them

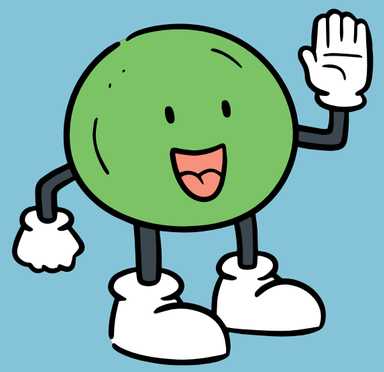
We should brush our teeth twice a day.
Once before bedtime and at one other
time of the day.

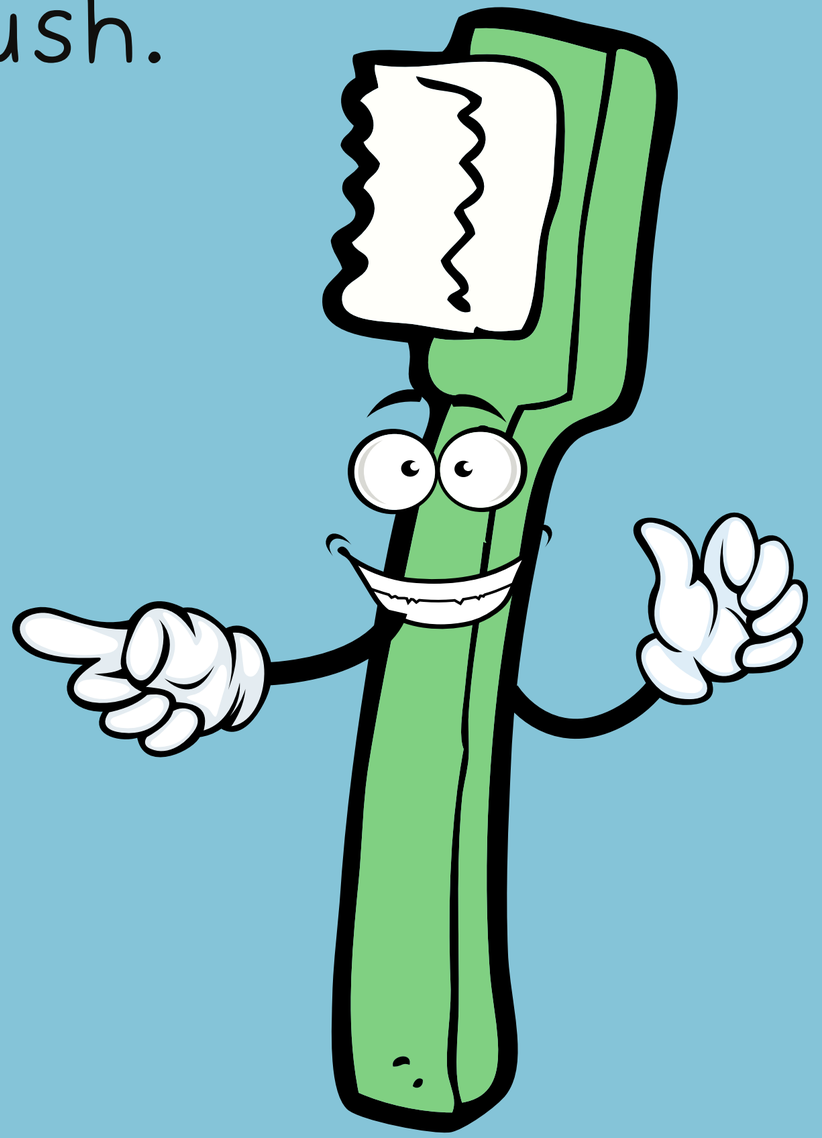


2
min

You should brush your
teeth for 2 minutes!

If you are over 3 years old use a pea sized amount of Fluoride toothpaste on your brush.

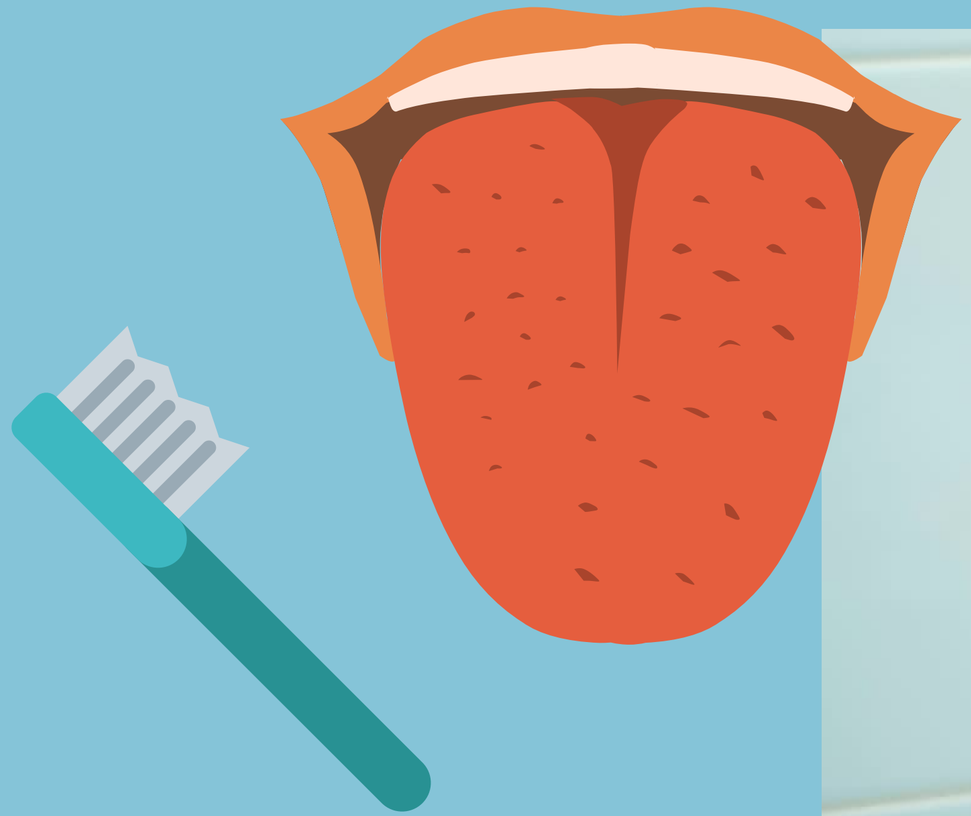




Use a circular movement when brushing to help clean your gums as well as your teeth.

Do not wash out your mouth after brushing as you will wash away the fluoride in the toothpaste. Just spit out the toothpaste!

We should clean our tongue everyday to remove food build up. We can do this by using our toothbrush. Start at the back of your tongue and brush down like in the video! This also helps to keeps our breath nice and fresh!



Do not snack on sugary foods and drinks. Save them for meal times.

Snack on these instead

Brushing with Bristle activities.

Cut and colour booklet

Practice brushing for two minutes