February is National Children's Dental Health Month

How to Brush

• Place the toothbrush at a 45-degree angle to the gums.

- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

• Brush your tongue to remove bacteria and keep your breath fresh.







