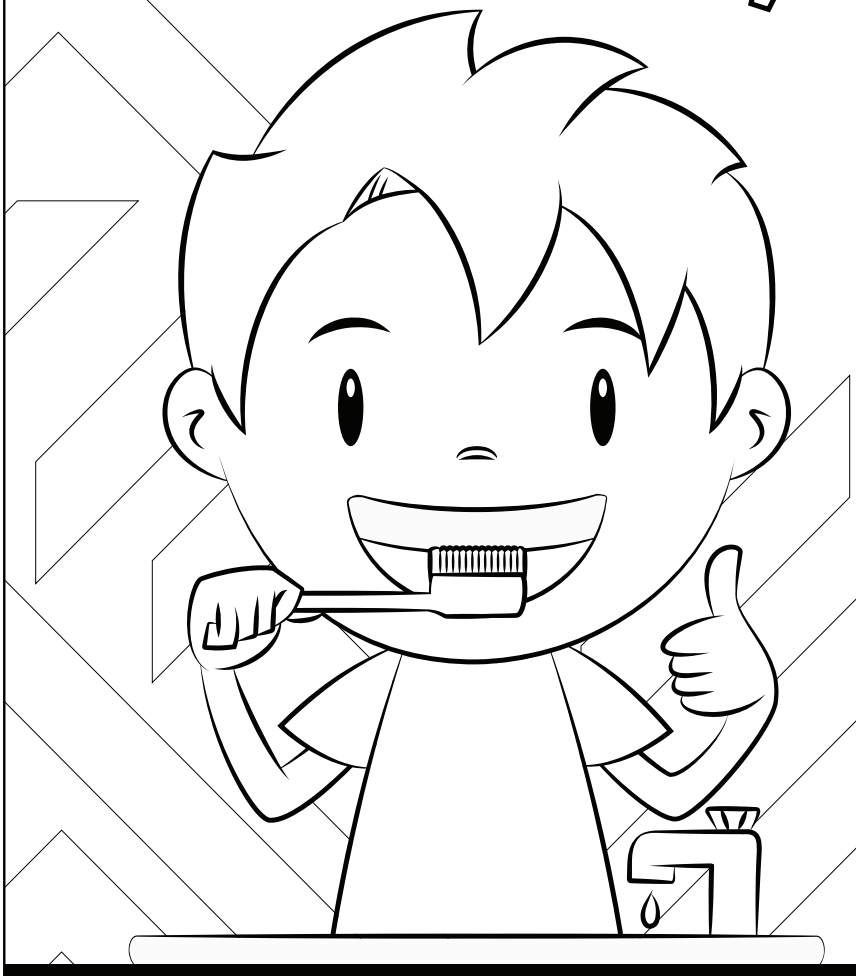
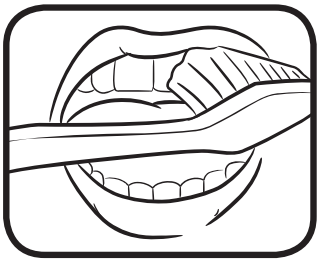
Brushing Fights Cavities, Bruh

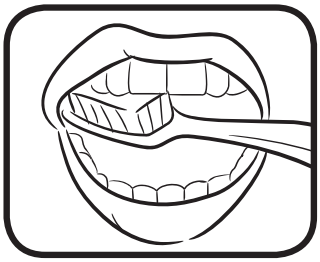


I brush my teeth twice daily with a fluoride toothpaste to keep my smile strong.

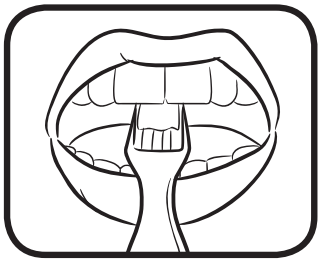
For more resources, visit: **MouthHealthy.org**



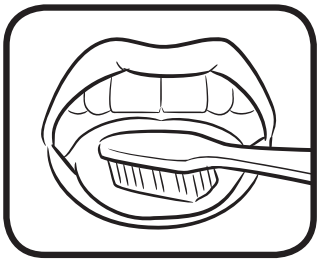
Place the toothbrush at a 45-degree angle to the gums and move the brush back and forth gently in short strokes.



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.

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Pediatric Dental Specialists
OF GREATER NEBRASKA

Name _____

Age _____ **RETURN BY FEBRUARY 27, 2025.**