

# Brushing Teeth



Get your toothbrush.



Put some toothpaste  
on your toothbrush.



Turn on the water.



Wet your toothbrush  
with water.



Brush the front  
of your teeth.



Brush the back  
of your teeth.



Brush the insides and  
tops of all your teeth.



Spit out the  
toothpaste.



Turn off the water.



Brush your teeth  
twice a day.