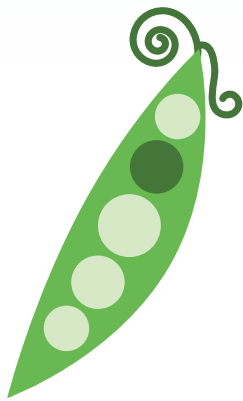


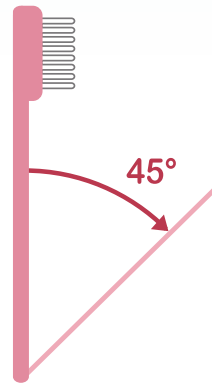


How to be a **BIG LEAGUE BRUSHER**

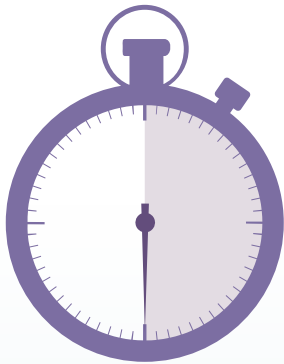
If you spend two minutes brushing your teeth two times a day, that adds up to more than 24 hours – one whole day – every year. That’s a lot of time at the bathroom sink! Make sure you’re using your time wisely by following these easy brushing tips to keep your teeth sparkling.



You only need a **PEA-SIZE AMOUNT** of toothpaste on your toothbrush.



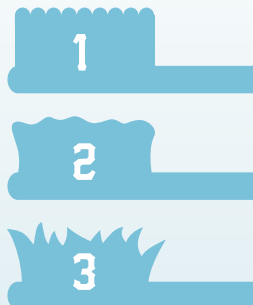
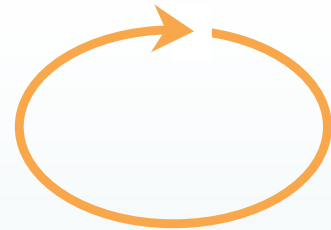
Brush at a **45-DEGREE angle.**



Try brushing in **FOUR SECTIONS.**

For the first 30 seconds, brush the outside of your bottom teeth. For the next 30 seconds, brush the inner side and top of your bottom teeth. Then spend 30 seconds brushing the outside of your top teeth, and complete your two minutes with the inside and bottom of your top teeth.

BRUSH GENTLY and use an **oval-shaped motion.**



You need a **NEW TOOTHBRUSH** every three months – or sooner if the bristles are mashed and worn out.

Don't forget **TO BRUSH your tongue!**



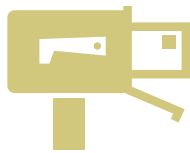
don't rush the BRUSH

Even though dentists say it takes two minutes of brushing with fluoride toothpaste to do a good job cleaning teeth, most people miss the mark.

Make sure you brush your teeth for two to three minutes by watching the clock. Some toothbrushes even come with timers. There are also apps for some smartphones that have timers. Ask a grown-up to help you download one.

What else can you do in TWO MINUTES?

Check the mail.



Sit through a commercial break on TV.

Perform **50** jumping jacks.



Let your dog outside.

Play rock, paper, scissors.



TOOTH TUNES

Sometimes it helps to sing a song while you're brushing. Try using this one every time you switch to a new section of your mouth – or make up your own toothy tune!

Twinkle, twinkle, little teeth
Brush above and underneath
Brush in back and brush in front
Don't forget to scrub your tongue
Twinkle, twinkle, little teeth
Brush above and underneath