



How to Brush Your Teeth

Have you ever wondered if you're brushing your teeth the right way? Even if you brush and floss twice a day, your technique could be off. Brushing incorrectly can leave behind food and debris and increase your chance of cavities.

In this video, kids will learn the basics of brushing and will get a breakdown of how to correctly brush their teeth in five steps because everyone deserves a healthy smile!

To brush your teeth correctly, you must start with the right toothbrush. Soft bristles will serve your smile the best. Studies have shown that powered toothbrushes are slightly better at reducing plaque and gum disease! So, if the idea of an electric toothbrush gets you excited to brush your teeth, more power to you (and your toothbrush)!

To make this video even more engaging for your class, you can encourage your students to bring a toothbrush with them to class and follow along during each of the five steps. Consider pausing between the steps to ask your class open-ended questions that get them thinking about their own oral health habits at home. For example:

- How often do you brush your teeth at home?
- What's your favorite kind of toothpaste?
- Do you use an electric or manual toothbrush at home?
- Why is it important to brush your teeth morning and night?