

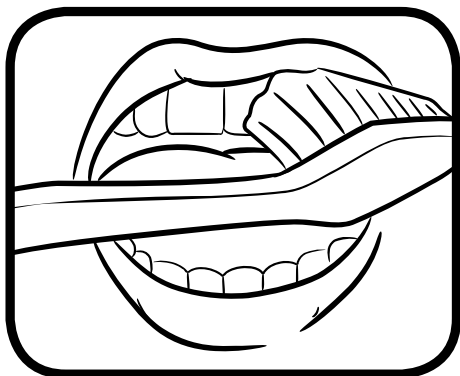
Forever In My Brushing Era



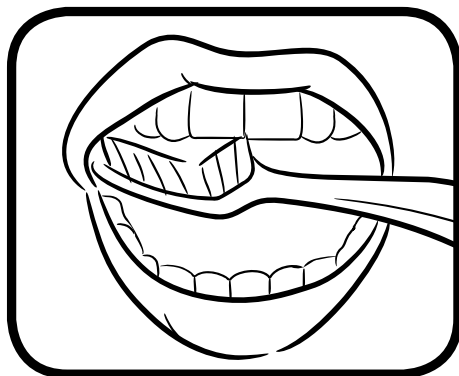
I brush my
teeth twice daily
with a fluoride
toothpaste to
keep my smile
strong.



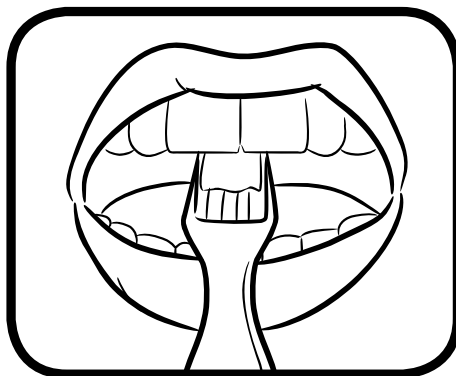
For more resources, visit: [MouthHealthy.org](https://www.MouthHealthy.org)



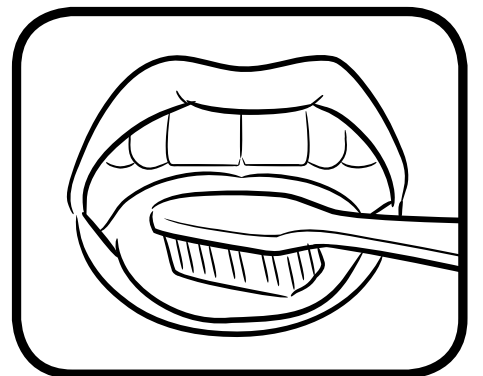
Place the toothbrush at a 45-degree angle to the gums and move the brush back and forth gently in short strokes.



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.