

# TOOTH BRUSHING

*Regular toothbrushing helps make you look and feel good, and also helps to prevent gum disease.*

*Let your child enjoy brushing his or her own teeth each day, to encourage a regular toothbrushing habit. Use a toothbrush with soft bristles.*



*Fluoride provides added protection for teeth against decay. Twice daily use of a fluoride toothpaste can provide this protection. A small smear of toothpaste is enough. Remember to spit out and not rinse after brushing.*



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