TOOTHBRUSHING · MORNING AND EVENING

Brushing teeth



One step at a time. Tick off when it is done.

1. 

   ## Toothpaste on the brush

   A small blob, about the size of a pea.

2. 

   ## Brush teeth

   Front, back and on top. About two minutes.

3. 

   ## Spit out

   The toothpaste into the basin.

4. 

   ## Rinse mouth

   Rinse with a little water.

5. 

   ## Brush back in the cup

   Rinse the brush and stand it in the cup.

6. 

   ## Dry face

   With the towel by the basin.

Clean teeth!

The same order every time often makes it easier.

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