

# Effective Dental Hygiene

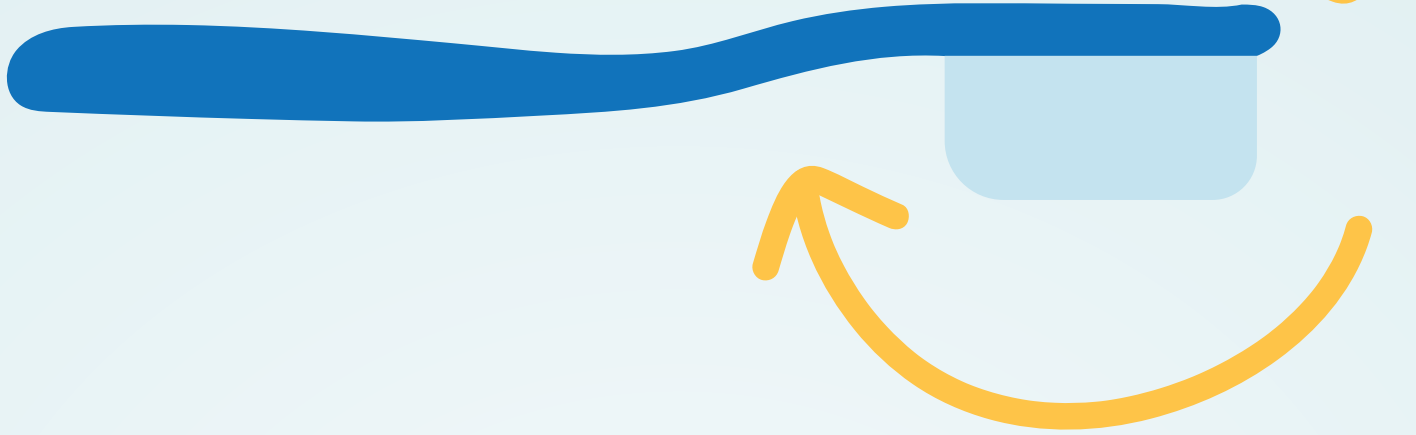
Can you remember  
what we have to do to  
look after our teeth?



**Brush your  
teeth twice  
a day!**



# Circular motion



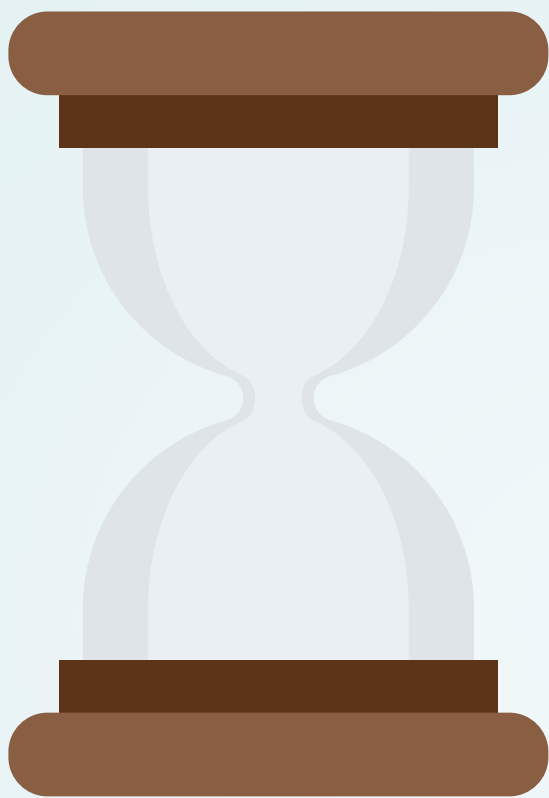
# Back and forth motion



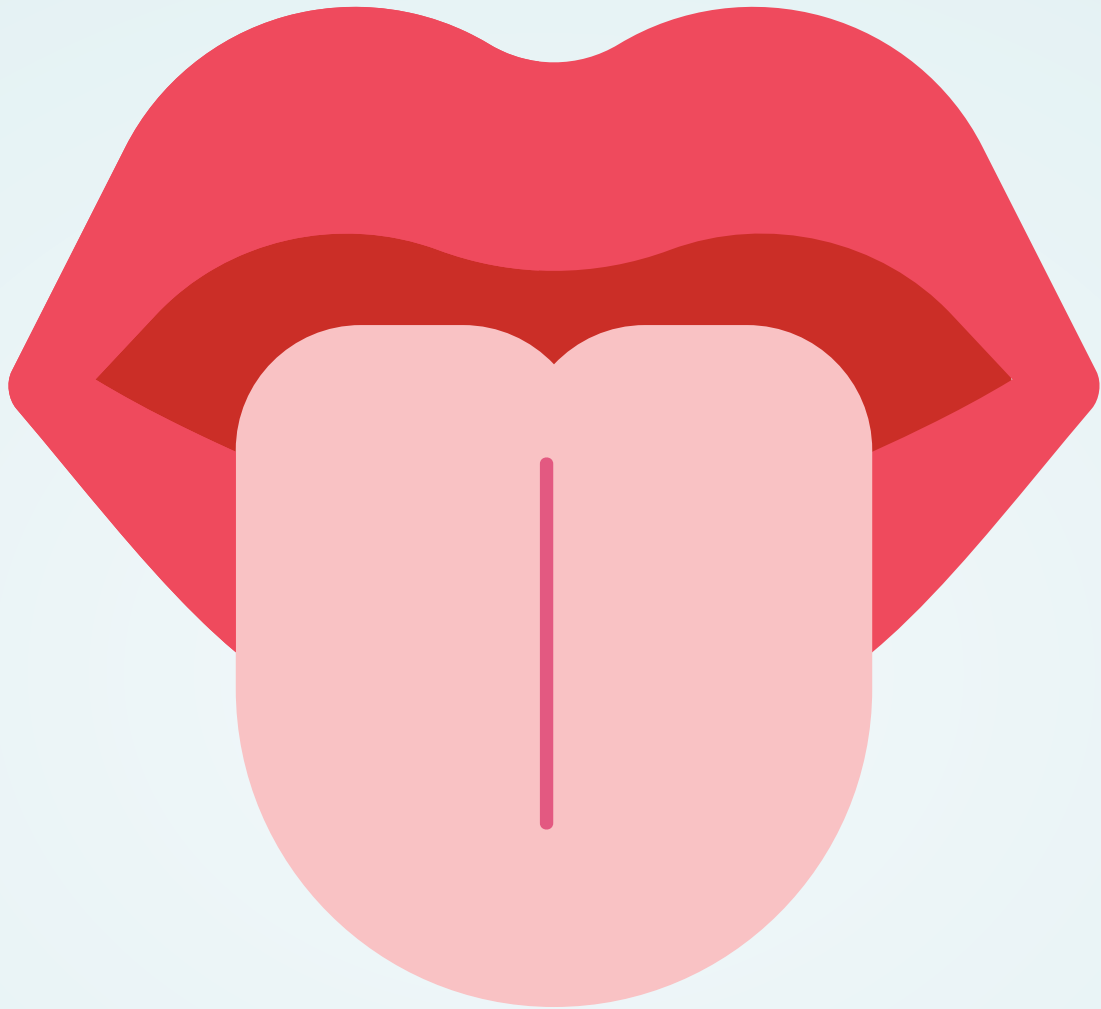
# 15 - 20 strokes

for each area of your mouth!





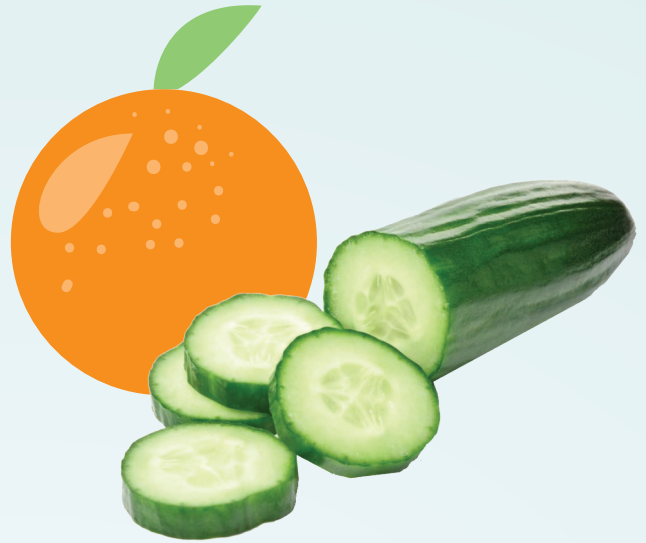
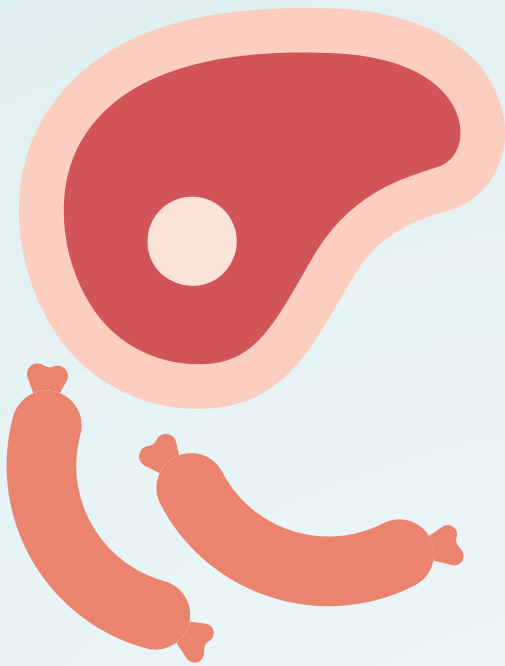
Brush for 2 minutes!



Make sure to brush your tongue



Remember to floss and rinse



# A balanced diet

Plenty of Fruit and Veg,  
Breads and Meat

