

BRUSHING TEETH



Brushing your teeth is an important part of staying healthy. You should brush your teeth twice a day, once in the morning and once at night. Use a soft-bristled toothbrush and fluoride toothpaste. Brush for two minutes each time. Make sure you brush all the surfaces of your teeth, including the front, back, and sides. Rinse your mouth with water after brushing.

Brushing your teeth helps to remove plaque and prevent tooth decay. It also helps to keep your gums healthy. If you don't brush your teeth properly, you can get cavities and gum disease. So make sure you brush your teeth every day, and you'll keep your smile bright and healthy.

Brushing your teeth	Why it's important	How to do it
Brushing your teeth	Removes plaque and prevents tooth decay	Use a soft-bristled toothbrush and fluoride toothpaste
Brushing your teeth	Keeps your gums healthy	Brush for two minutes each time
Brushing your teeth	Prevents cavities and gum disease	Make sure you brush all the surfaces of your teeth
Brushing your teeth	Keeps your smile bright and healthy	Rinse your mouth with water after brushing