

# Brushing Techniques and Additional Resources

## Proper Brushing Technique



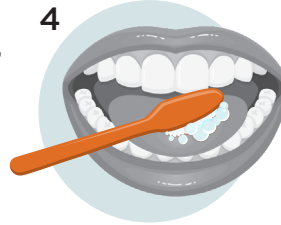
**1** Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.



**3** Clean the inside surfaces of your front teeth by tilting the brush vertically and making up-and-down strokes with the front of the brush.

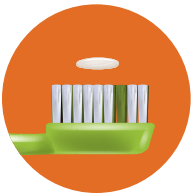


**2** Gently brush the outer, inside, and chewing surfaces of all your teeth, making sure to reach the back teeth.



**4** Don't forget to brush your tongue! This helps keep bad breath away and gets rid of bacteria.

## Kids toothpaste tips:



Children ages 0-3 should use a grain of rice-sized amount of toothpaste.

**0-3 years: grain of rice**



Children 3 years and above should use a pea-sized amount of toothpaste.

**3+ years: pea size**

## Additional Dental Health Resources from the American Dental Association

MouthHealthy by ADA: [www.MouthHealthy.org](http://www.MouthHealthy.org)

A-Z Topics: [www.mouthhealthy.org/en/az-topics](http://www.mouthhealthy.org/en/az-topics)

Pregnancy: [www.mouthhealthy.org/en/pregnancy](http://www.mouthhealthy.org/en/pregnancy)

Babies & Kids: [www.mouthhealthy.org/en/babies-and-kids](http://www.mouthhealthy.org/en/babies-and-kids)

Teens: [www.mouthhealthy.org/en/teens](http://www.mouthhealthy.org/en/teens)

Dental Visits: [www.mouthhealthy.org/en/dental-care-concerns](http://www.mouthhealthy.org/en/dental-care-concerns)

Nutrition: [www.mouthhealthy.org/en/nutrition](http://www.mouthhealthy.org/en/nutrition)



Need help finding a dentist near you? Visit **SmileCalifornia.org**.