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.

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

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.

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)

Need help finding a dentist near you? Visit [SmileCalifornia.org](http://SmileCalifornia.org).