

Parental Guidance on  
**HOW TO BRUSH**

(With a little help from the tooth fairy)

- **Divide the mouth into 4 quarters**  
Top left, top right, bottom left, bottom right
- **Divide each quarter into 3 surfaces**  
The top, the inside and the outside
- **Start with the first quarter, angle the brush where the gum and the teeth join**
- **Using short 'wiggles' and taking 10 seconds, clean along each surface**
- **Repeat for each quarter, so each quarter takes 30 seconds, 2 minutes in total**

Follow these instructions and you'll  
always have lovely clean sparkly teeth

