



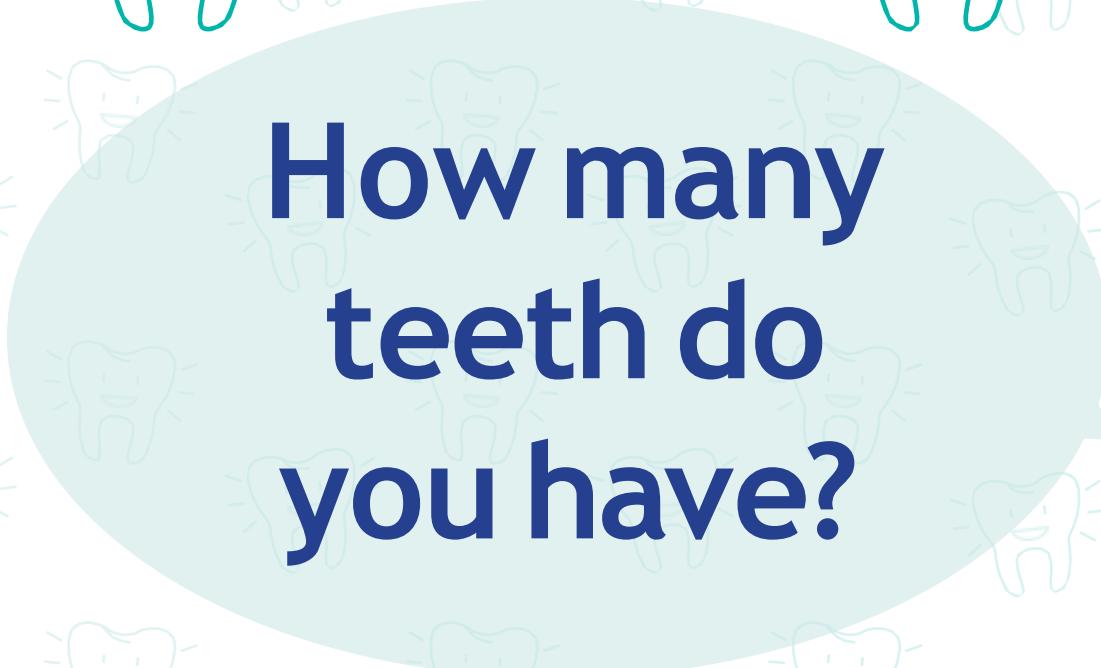
Why do we have teeth?

Our teeth are special,
we need them to help us
do many things.

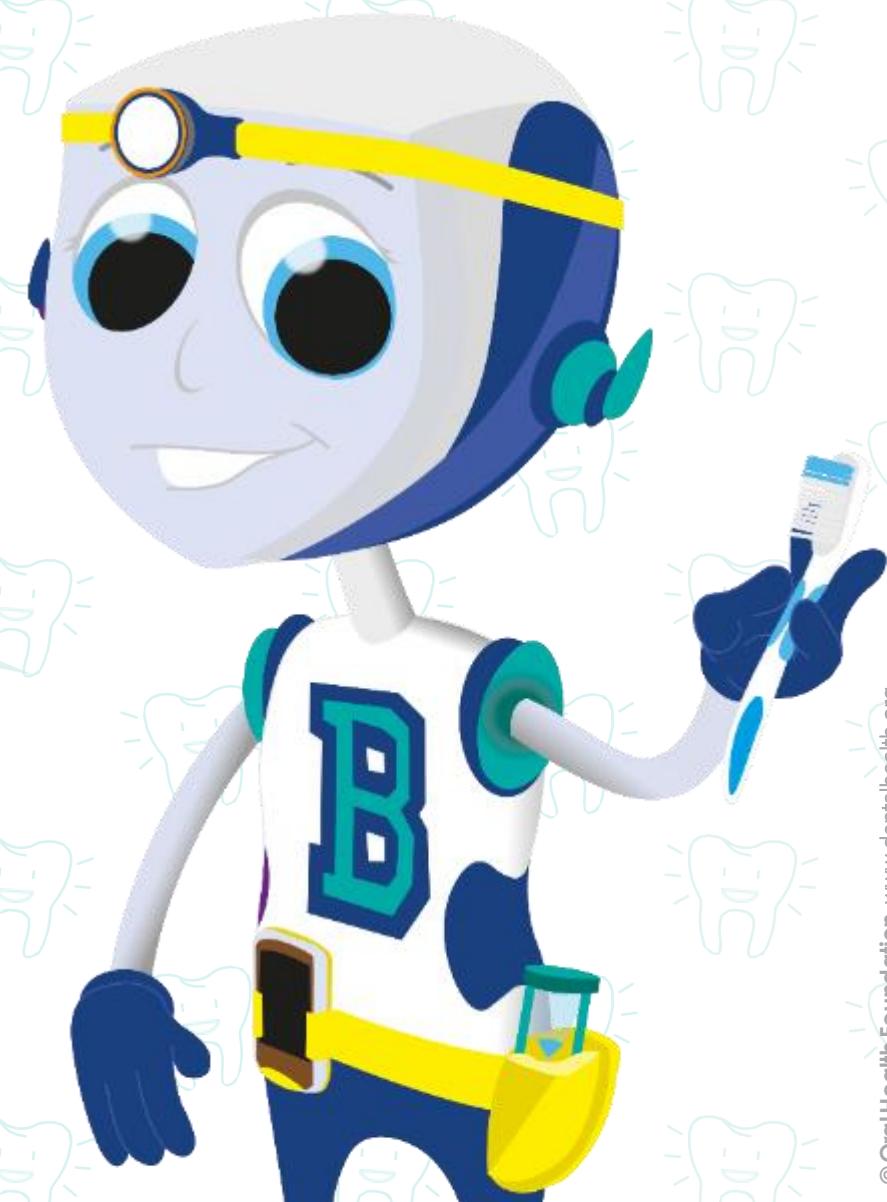
What do we need
our teeth for?





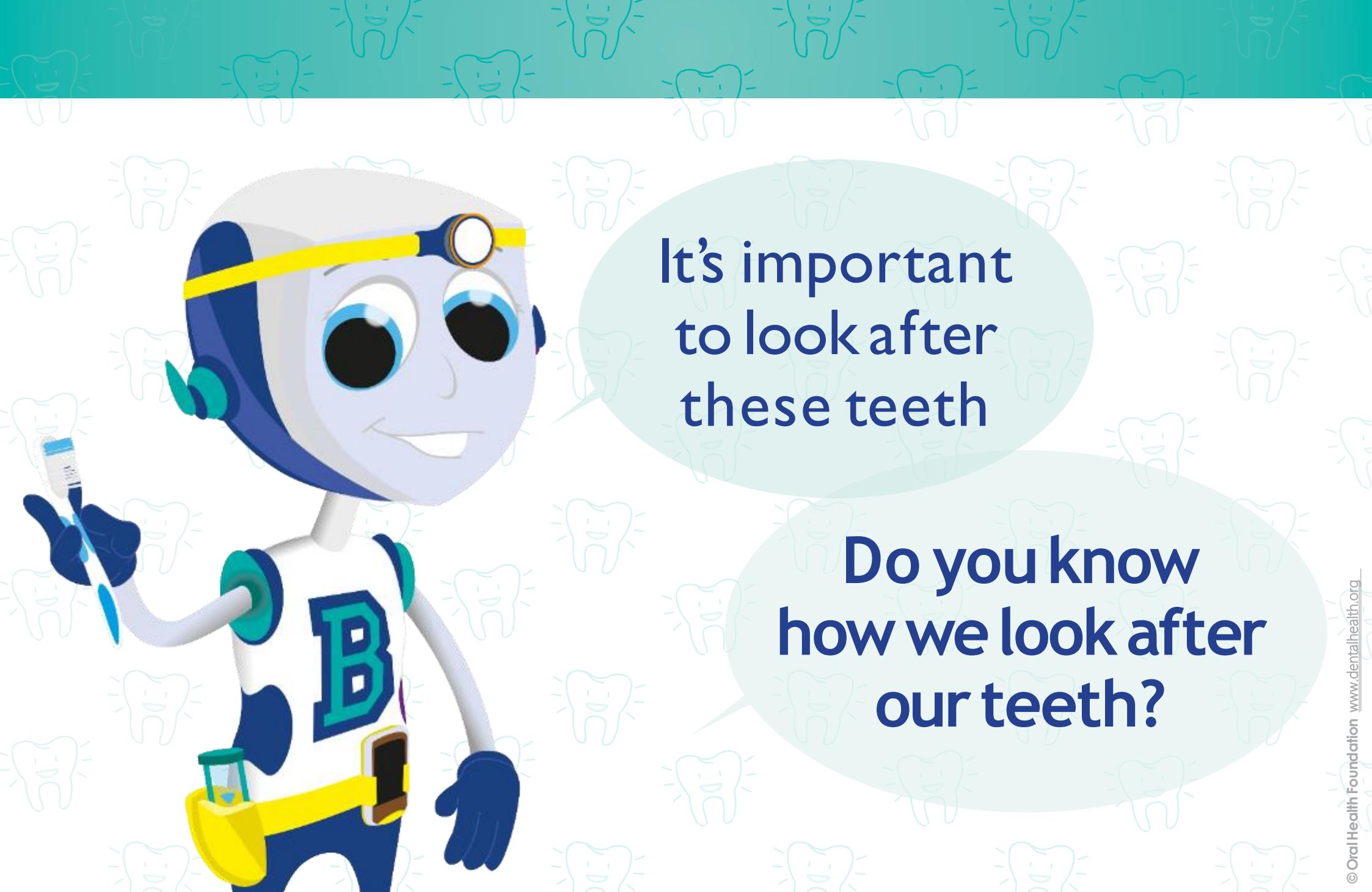


How many teeth do you have?











We should brush our teeth for **two minutes**, when we **go to bed** and **one other time** during the day.



We use a **pea sized**
amount of toothpaste



Then we brush every tooth, and the gumline too, making tiny circles with the toothbrush.

First brush the outside of the teeth, both top and bottom





**Brush the inside of
all the teeth and then the
biting surface of every tooth.
It's important that we take
our time and make sure
we do it properly.**





Well Done!

