

Toothbrushing & Flossing



0-3 Years:
Brush with water only

A child must learn how to spit before using toothpaste (usually between ages 3 and 6)



3 Years & Older: Brush with a pea-sized amount of fluoridated toothpaste



Replace when worn out

Brushing

Brush your teeth at least twice a day (between 2 to 4 minutes each time)

Brush in the morning and at night to prevent tooth decay and gum disease
Always brush before going to bed

An adult should help brush their child's teeth until they can do it properly (usually by age 8)

Brush all surfaces of the teeth

Use a soft bristled toothbrush



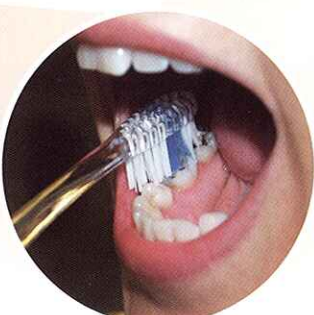
Outside Surfaces



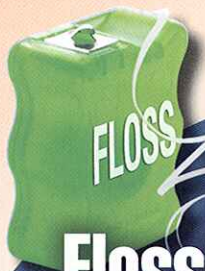
Inside Surfaces



Chewing Surfaces



Don't forget to brush your tongue



Flossing

Floss your teeth once a day to keep your teeth & gums healthy



- Using the thumb and index finger, gently ease the floss between two teeth

- Once through, wrap the floss around the tooth forming a "C" shape

- Gently slide the floss up and down cleaning along the tooth and under the gumline

- Move from one tooth to the next using a clean section of floss

- Don't forget to floss the back of the last tooth

**For Future Generations of Healthy Smiles,
Visit your Dentist, Dental Therapist, or Dental Hygienist Regularly.**

Produced by First Nations and Inuit Health • Manitoba Region • In collaboration with First Nations Communities. Photographs by D. Gershman and V. Merasty