**BRUSHING** Twice Everyday

1. Put a “pea-size” amount of toothpaste on the toothbrush.
2. Angle brush against gums.
4. Brush the front, top, and back of every tooth.
5. Brush for 2 minutes.

**FLOSSING** Once Everyday

1. Take 18 inches of floss.
2. Pull the floss in a “C” shape between teeth.
3. Floss both sides of each gap between teeth.
4. Make sure to floss between all teeth.