Healthy Child Care

Tooth Brushing

For healthy teeth, brush after every meal

my cup

my toothbrush

sipho thandi jan zodwa marieke

1 **Do not share** your toothbrush.

2 **Keep bristles** from touching other things.

3 Wet toothbrush, **brush teeth**, make a circular scrubbing motion on all tooth surfaces.

4 Take mouthful of water, swish and spit back into cup.