

# It's time to Brush Your Teeth!



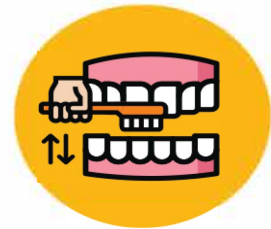
## Step #1

Squeeze toothpaste  
on toothbrush



## Step #2

Gently brush top and  
bottom teeth with up  
and down motion  
(count to 60!)



## Step #3

Gently brush the inside  
of your teeth with an  
up and down motion  
(count to 30!)



## Step #4

Gently brush  
the tops of your  
back teeth  
(count to 30!)



## Step #5

Spit, rinse, and  
wash it down  
the sink



## Step #6

Look in the mirror  
and say "Cheese!"