

# Our teeth: toothbrushing

Brush in the morning and  
before bed at night

Use a small, soft toothbrush  
and Fluoride toothpaste

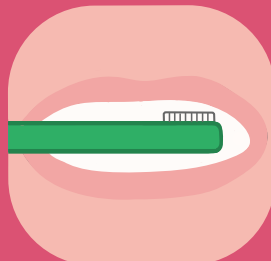
An adult should help with  
brushing until 8 years of age

After brushing, spit out the  
toothpaste but don't rinse

Change toothbrush when the  
bristles are looking shaggy



Use a pea-sized amount of  
Fluoride toothpaste



Start with the front  
surfaces, top and bottom



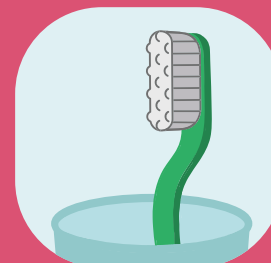
Brush the back biting  
surfaces, top and bottom



Clean behind the front  
teeth, top and bottom



Brush the inside surfaces  
of the back teeth, top and  
bottom



Rinse the toothbrush after  
use, and store in a clean,  
dry place

For more information, visit:  
[www.sahealth.sa.gov.au/sadental](http://www.sahealth.sa.gov.au/sadental)



Government of South Australia  
SA Health