

Brushing Techniques and Additional Resources

Proper Brushing Technique

	<p>1 Place your toothbrush at a 45-degree angle to your gums. Move your brush back and forth using gentle, short strokes.</p>		<p>3 Clean the inside surfaces of your front teeth by tilting the brush vertically and making up-and-down strokes with the front of the brush.</p>
	<p>2 Gently brush the outer, inside, and chewing surfaces of all your teeth, making sure to reach the back teeth.</p>		<p>4 Don't forget to brush your tongue! This helps keep bad breath away and gets rid of bacteria.</p>

Kids toothpaste tips:



Children ages 0-3 should use a grain of rice-sized amount of toothpaste.

0-3 years: grain of rice



Children 3 years and above should use a pea-sized amount of toothpaste.

3+ years: pea size

Additional Dental Health Resources from the American Dental Association

MouthHealthy by ADA: www.MouthHealthy.org

A-Z Topics: www.mouthhealthy.org/en/az-topics

Pregnancy: www.mouthhealthy.org/en/pregnancy

Babies & Kids: www.mouthhealthy.org/en/babies-and-kids

Teens: www.mouthhealthy.org/en/teens

Dental Visits: www.mouthhealthy.org/en/dental-care-concerns

Nutrition: www.mouthhealthy.org/en/nutrition



Need help finding a dentist near you? Visit **SmileCalifornia.org**.