



brushing your teeth



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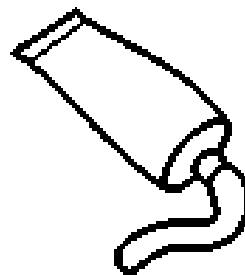
1



You need



toothbrush



toothpaste



a sink or bowl



a clock or timer

2



put toothpaste on your brush

3



Brush your teeth for 2 minutes
use a clock or timer.

4



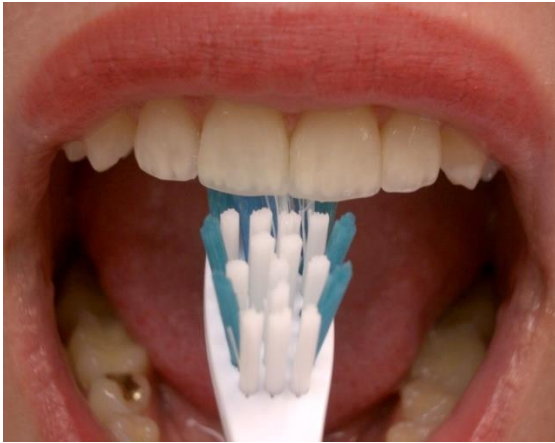
brush the front of all your teeth.

5



brush the side of your teeth by your tongue.

6



brush the back of your teeth on the top and bottom.

7



brush your gums.

8



brush your tongue.

9



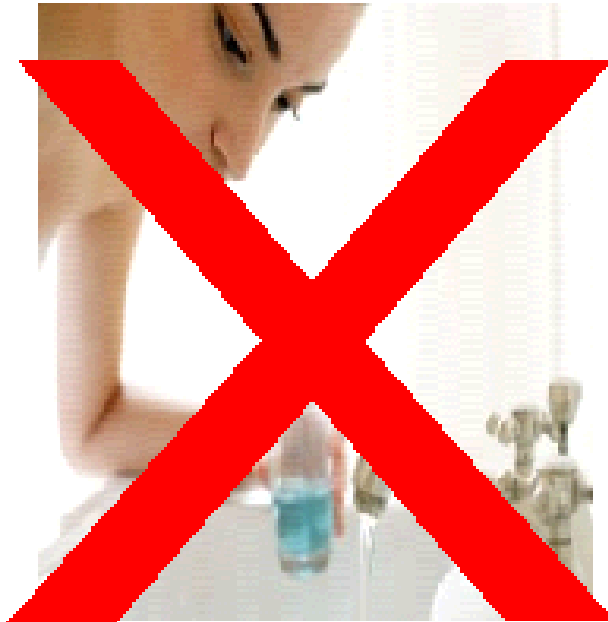
brush your teeth until the timer stops.

10



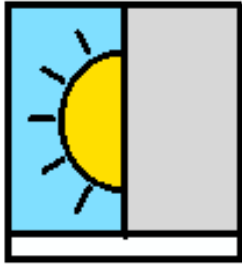
Spit out the toothpaste into a bowl or sink.

11



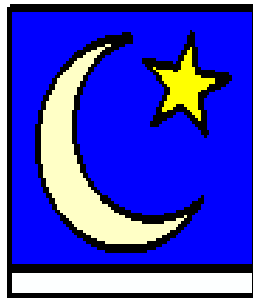
do not wash your mouth out with water.

12



brush your teeth in the morning when you wake up.

13



brush your teeth at night before you go to bed.