

Step-by-Step: Brushing Your Teeth

Brushing Your Teeth. Squeeze toothpaste onto the bristles of your toothbrush. Brush the front of your teeth in a circular motion.

Brush the back of your bottom teeth in both a circular and up and down motion repeatedly. Brush the back of your top teeth, in an up and down motion repeatedly.

Brush the top of your teeth in a back and forth motion repeatedly. Brush the top of your tongue in a back and forth motion repeatedly, until you have cleaned the whole tongue.

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