Here’s how:

1. Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.

2. Brush inside surface of each tooth, using wiggling technique in Step 1.

3. Brush chewing surface of each tooth.

4. Use tip of brush to brush behind each front tooth, both top and bottom.

5. Don’t forget to brush your tongue!

It’s fun!

Good job!

© 2002 Colgate-Palmolive Company. All rights reserved. A Global Oral Health Initiative.