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Supper and then off to bed. (1960)

American Dental Association

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Supper and then off to bed.

My dentist showed me
how to brush my teeth.

Do you know how
to brush yours?



Do you know how to brush your teeth?

The dentist said to brush the teeth
the way they grow.

Brush the upper teeth down

Brush the lower teeth up

Brush the side next to the tongue

Brush the side next to the cheek

Brush the chewing surfaces of the
big teeth in back

Brushing helps prevent cavities. Brush
your teeth right after eating.