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1960

## Supper and then off to bed. (1960)

American Dental Association

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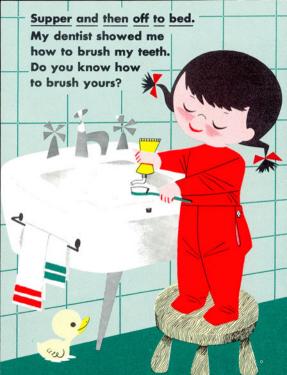
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# Do you know how to brush your teeth?

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.