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Supper and then off to bed. (1956)

American Dental Association

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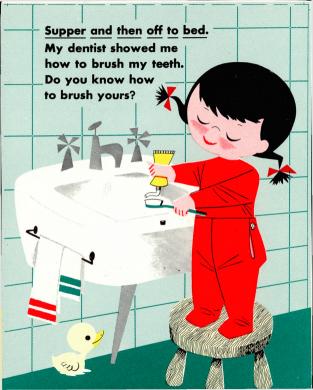
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American Dental Association, "Supper and then off to bed. (1956)" (1956). *Patient Dental Health Education Brochures*. 304.

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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.