

MYTH: I can use an adult toothbrush now.

MYTH: I don't need to floss.

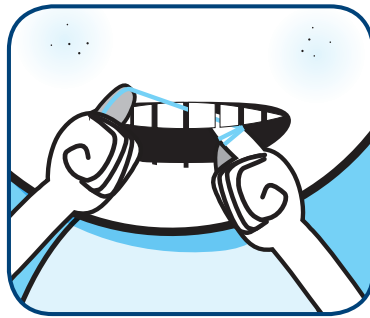
FACT: A proper child's toothbrush, like those in the Oral-B Stages line-up, is actually designed specifically to the dentition, development and dexterity of your teeth.

FACT: Flossing is the only way to clean in-between teeth to remove the daily build-up of plaque. The bacteria found in plaque can lead to the development of early childhood tooth decay.

TIPS:

- Keep flossing – you'll be thankful next time you go to the dentist and have no cavities!
- Use fluoride toothpaste to help protect against cavities.
- Try and brush for at least two minutes! You can do it!
- Replace your toothbrush every three months.
- Remember – you can prevent getting cavities – brush twice daily and floss at least once a day!

PROPER FLOSSING TECHNIQUE



STEP 1: Wrap a piece of floss around your index and middle fingers, leaving about 5 cm between your hands.

STEP 2: Slide the floss between your teeth and wrap it into a "C" shape around the base of the tooth and gently under the gumline.

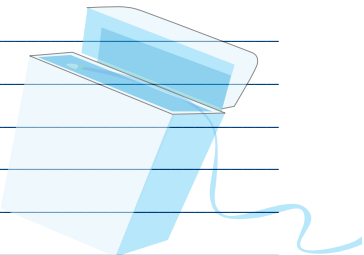
STEP 3: Gently wipe the tooth from the base of each tooth to the tip two or three times. Be sure to floss both sides of every tooth, and don't forget the backs of your last molars!

STEP 4: Wind a new piece of floss around your fingers as you move from tooth to tooth. Then brush your teeth after you floss.

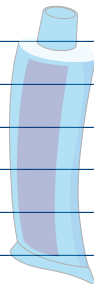
Keep up the great work! Show your dentist the great work you're doing at home by brushing twice a day and flossing once a day! Sign off each day you complete your brushing and flossing routine and show, mom or dad and the dentist that you're keeping your smile healthy!

I _____ promise to brush twice and floss once per day because I want to have a healthy smile.

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