

HOW WE BRUSH

Brush like a champion!



2×

a day — morning & night

2 min

every single time

1 Squeeze on a **pea-sized** blob of toothpaste.



2 Brush gentle **circles** — front, back and tops.



3 Keep going for **two whole minutes** — sing a song!



4 Spit, don't rinse — then flash a big smile!

