

Let's practice cleaning your teeth!

Government of
Northwest Territories

First you will need a **toothbrush**,
fluoride toothpaste and
dental floss.

Squeeze a **pea-sized**
amount of tooth paste
onto your toothbrush.

Brush all surfaces of your teeth.
Don't forget your tongue!

Brush for
TWO minutes!
Spit but do not rinse!

Remember to **floss!** Slide the
dental floss between each **tooth**
and below the **gumline**.



Better oral health starts at home.
For tips, tricks and resources, visit www.gov.nt.ca/teeth