

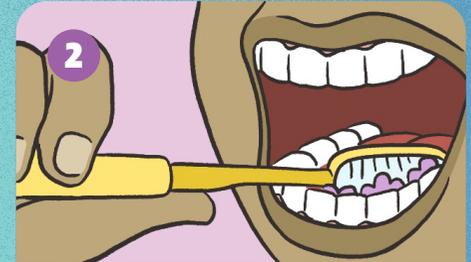


Oscar the Orca's Step-by-Step Guide to Brushing Your Teeth

Hi there, friend! It's super important to keep our teeth healthy and our smiles bright by brushing twice a day, but how's your technique? Let's go over how to brush our teeth properly!



1 Outside– Place brush at an angle along your outer gumline. Wiggle gently back and forth in small circles. Repeat for each tooth.



2 Inside– Brush the inside surface of each tooth, wiggling gently back and forth in small circles as you go.



3 Way in The Back– Reach in the back and brush the tops of each tooth.



4 Behind Front Teeth– Use the tip of the toothbrush to brush behind the front teeth at the top and bottom of your mouth.



5 Tongue– Don't forget, your tongue needs brushing too!

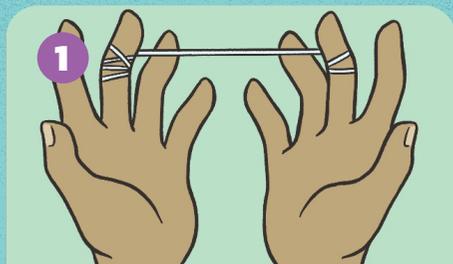


Oscar the Orca's Step-by-Step Guide to Flossing Your Teeth

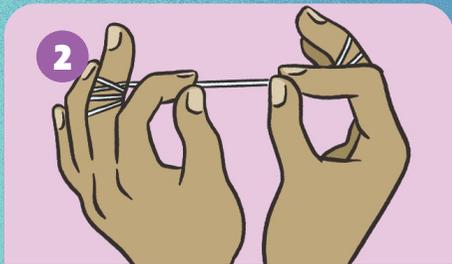
Flossing is an important part of daily oral care that lets you clean areas your toothbrush can't reach! This is a guide for floss that looks like this



If you use a floss pick at home, skip to step 3!



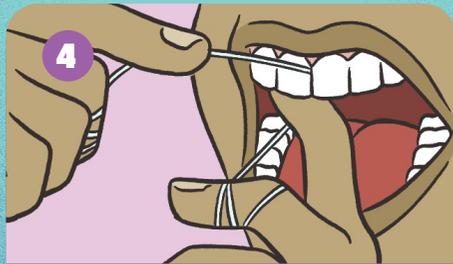
1 Wrap– Take about 18 inches of floss, wrap most of it around the middle finger of one hand and the rest around the middle finger of the other.



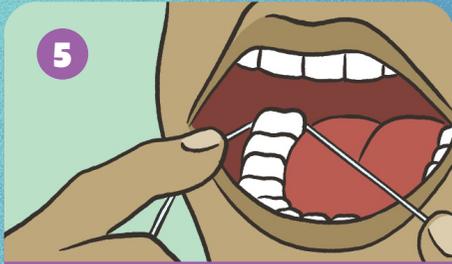
2 Pinch– Use your pointers and thumbs to grab on to about an inch of floss at a time.



3 Curve– Gently slide the floss between the teeth, pulling against the side of the tooth to form a C-shape.



4 Slide– Slide the curved floss up and down into the gumline on each side to remove food and germs. Repeat for each tooth with a new, clean section of floss.



5 Back– Don't forget to floss behind the last tooth on each side, top and bottom.