

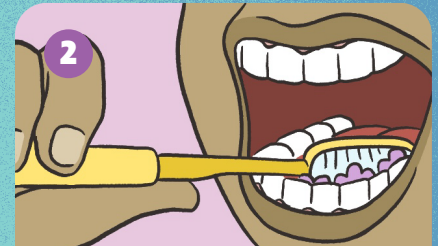


# Oscar the Orca's Step-by-Step Guide to Brushing Your Teeth

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!



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



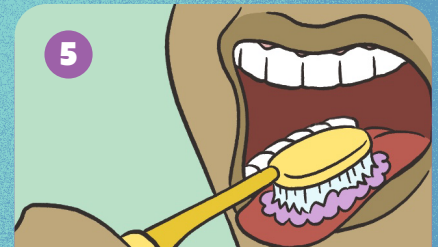
**Inside**– Brush the inside surface of each tooth, wiggling gently back and forth in small circles as you go.



**Way in the back**– Reach in the back and brush the tops of each tooth.



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

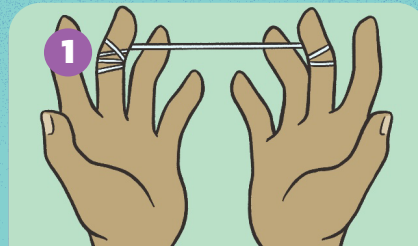


**Tongue**– Don't forget, your tongue needs brushing too!



# 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! It also helps make your gums strong. Follow these tips to floss like the dentists do!



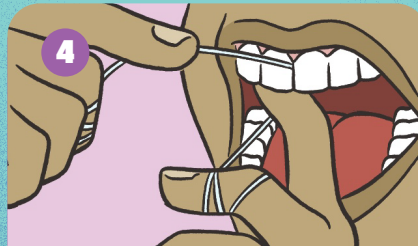
**Wrap**- Take about 18 inches of floss and wrap most of it around the middle finger of one hand and the rest around the middle finger of the other.



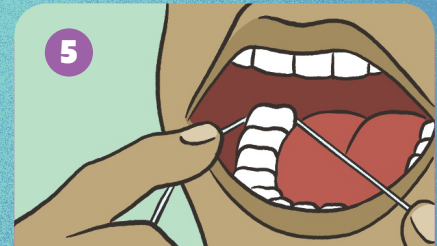
**Pinch**- Use your pointers and thumbs to grab on to about an inch of floss at a time.



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



**Slide**- While holding the floss in this C-shape, slide it up and down into the gumline on each side to remove food and germs. Repeat for each tooth.



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