



5 Steps to good brushing and flossing

1 Put a pea-sized amount of toothpaste on the toothbrush. Place the toothbrush at a 45° angle to the gumline and gently brush back and forth.

2 Brush the inside and outside and the chewing surface of every tooth.

3 Don't forget to brush your tongue and the roof of your mouth.

4 Pull out about 40 cm of dental floss and wrap the ends around your middle fingers.

5 Hold the floss between your thumbs and index fingers and gently slide the floss between the teeth toward the gum. Curve the floss around the base of each tooth at the gum line.



مجلس أبوظبي للتعليم
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هيئة الصحة - أبوظبي
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**Don't
forget**

Brush twice a day • Floss once a day • Visit your dentist twice a year • Avoid eating too many sweets

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