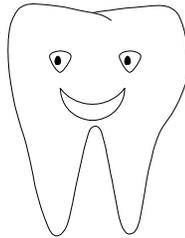


# Clean Teeth

## How Can I Keep My Child's Teeth Healthy?



### Brush and Floss Every Day

1. Use a soft-bristled nylon brush
2. Hold the brush at a angle to the teeth
3. Brush back and forth and in little circles
4. Clean all sides of all of your child's teeth
5. Brush your child's tongue
6. Use dental floss at least once a day to remove plaque from between your child's teeth



Alabama Department of Rehabilitation Services  
Children's Rehabilitation Service