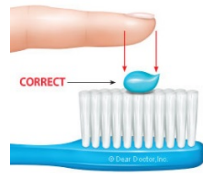


How to brush my teeth ...



1. Squeeze a pea sized amount of toothpaste onto your toothbrush.
2. Turn on the cold tap.
3. Hold your toothbrush under the tap for 2 seconds.
4. Brush your teeth. Start with your back teeth and work forward.
5. Spit the toothpaste into the sink.
6. Rinse your mouth and toothbrush.
7. Turn off the cold tap.
8. Smile you have washed your teeth!