

DEFEAT EVIL PLAQUE

Plaque is an evil supervillain that lives on your teeth. If you don't brush and floss daily, Plaque will leave a slimy film on your teeth and take over your mouth!



YOU'RE THE ONLY ONE WHO CAN!

It's your job to win the fight against plaque!

2 MINUTES TO WIN!



YOUR SUPERPOWERS:



+



Brush every tooth, every time!

Forgetting to brush a tooth is part of plaque's evil plan!



1

2

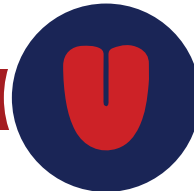


Brush all tooth surfaces!

Brush in a circle! Use short, round strokes for the front and back of teeth. Sweep it up! Use short, sweeping strokes for the chewing surface.

Don't forget the rest of your mouth!

Brush the roof of your mouth! Next, brush your tongue.



3

4



The fight's not over until you floss!

Gently place floss in between teeth and glide against each side of every tooth!

You won! Awesome job!



5



Parents, scan this QR code and pick out one of these 2 minute videos with your child. When they're watching a video, they'll be done brushing before they know it.

www.debraduffydds.com
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