

**Brushing our teeth**

**with Brush Bunny**



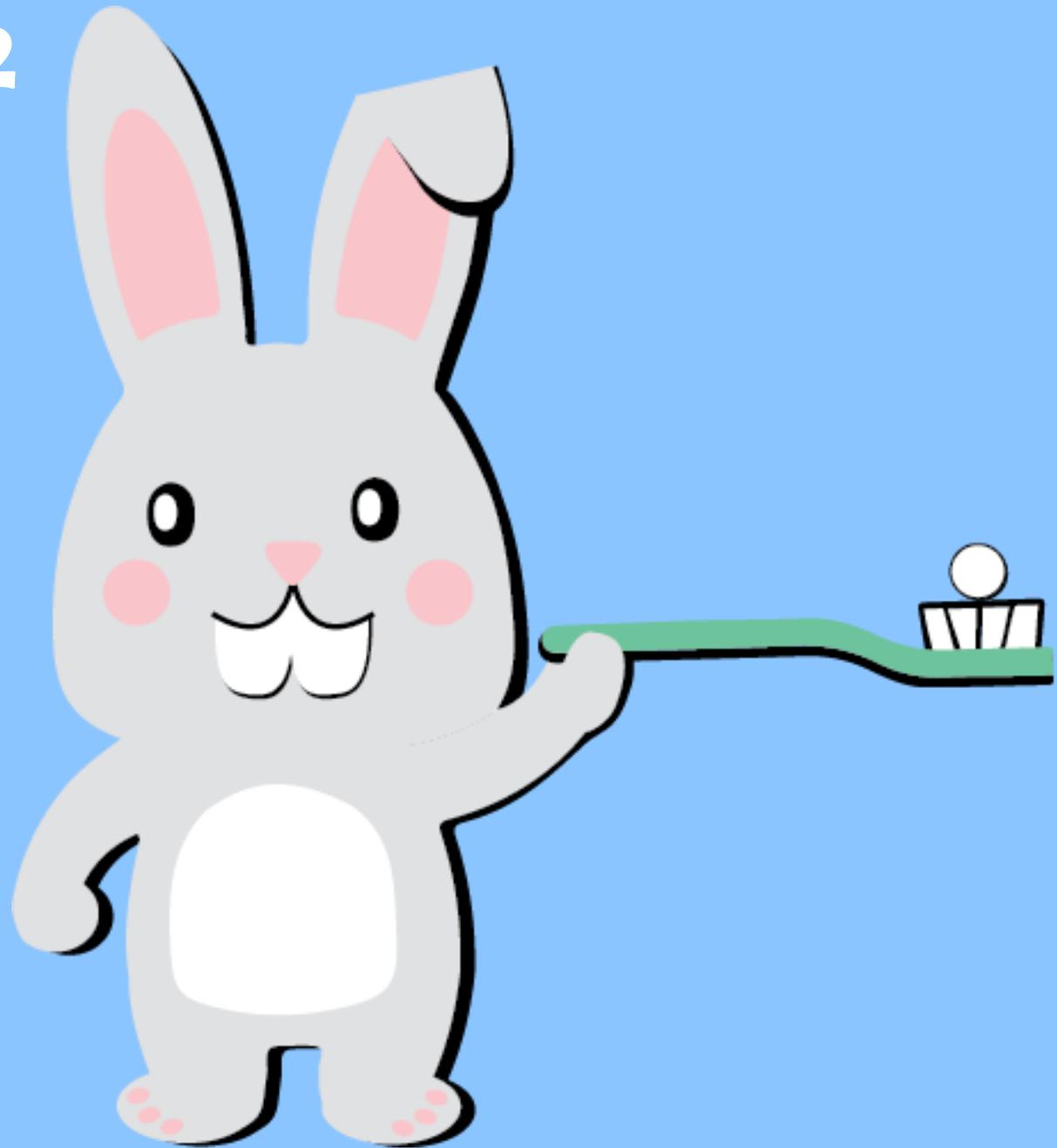
Brush Bunny is very excited to brush his teeth. Here's how Brush Bunny gets ready to brush his teeth. He takes his green toothbrush from the toothbrush holder. What colour is your toothbrush?

# Step 1



Brush Bunny carefully puts the toothpaste on his brush with a little help from a grown up. Toothpaste is a special paste that we only use for our teeth, it helps to keep them strong and clean! We need to always remember to put the lid back on and keep it in a special, safe place. Brush Bunny only uses a tiny piece of toothpaste – the size of a pea! Let's see what size a pea is...

# Step 2



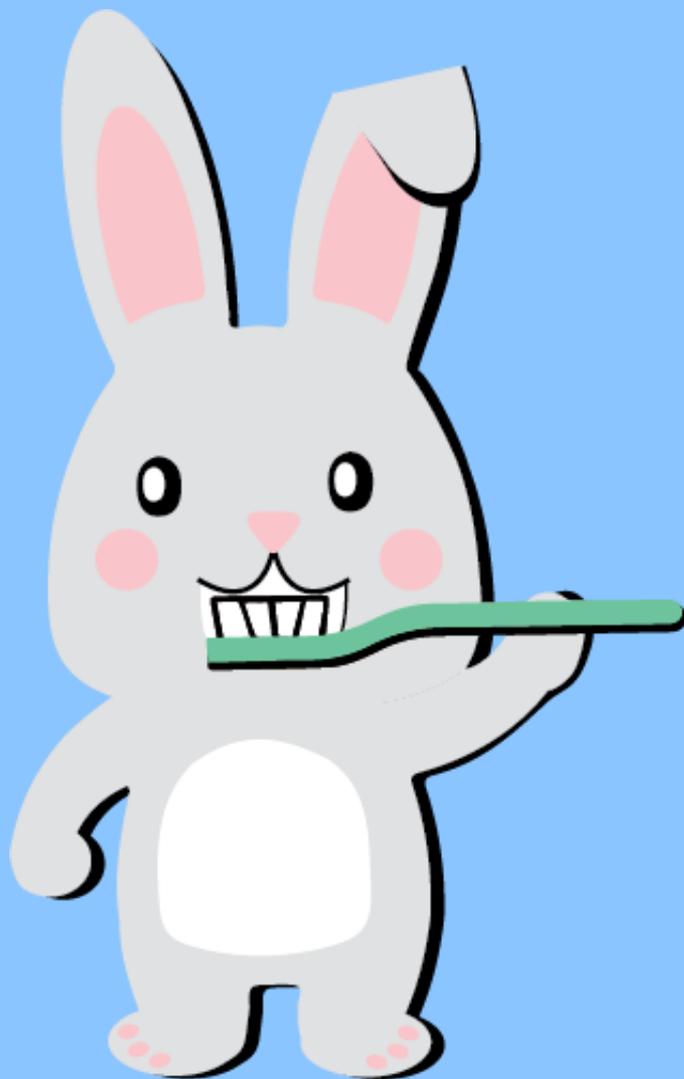
Brush Bunny brushes his top teeth, inside and out, all the way around, from left to right. Then he brushes his bottom teeth, inside and out, all the way around.

He brushes in little circles, two teeth at a time. Two minutes is all it takes to help his sparkly smile.

# Step 3

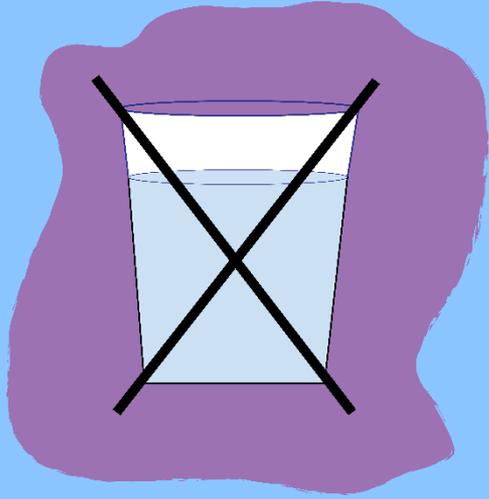


2 min



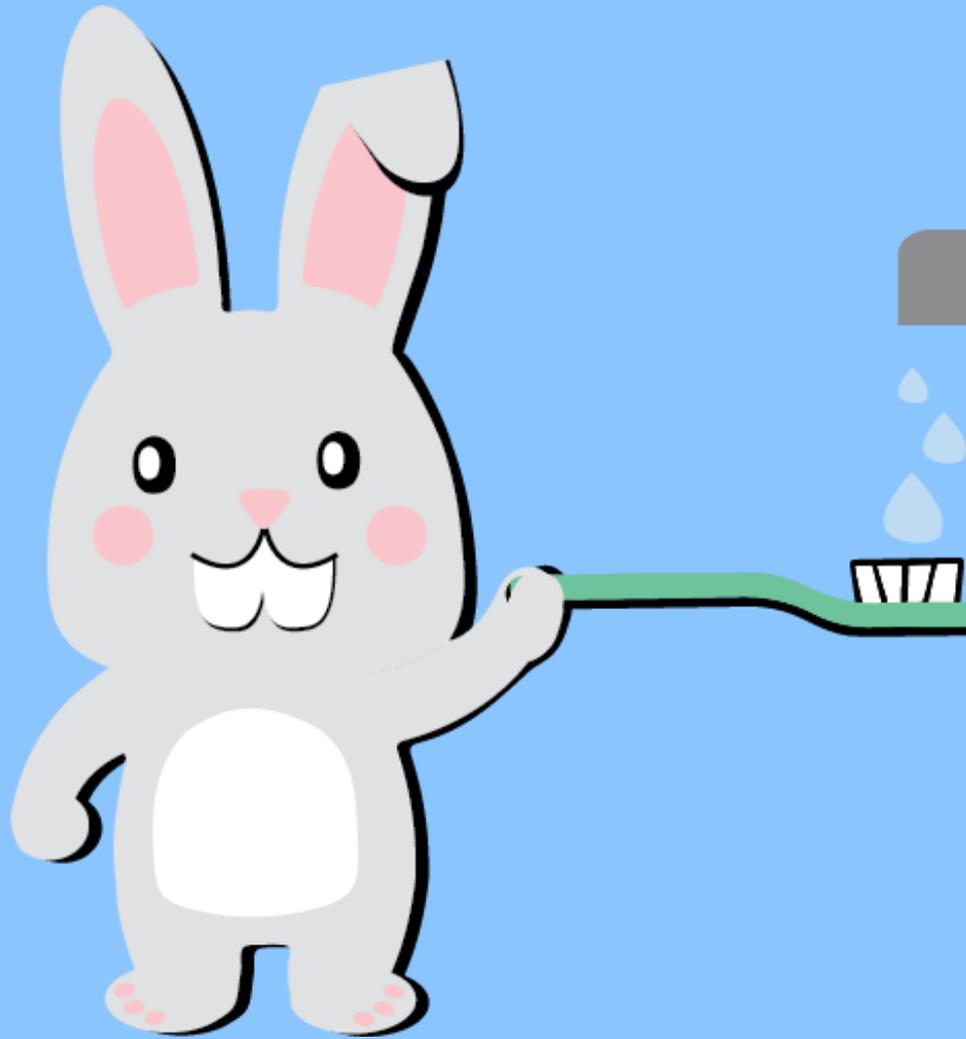
Brush Bunny spits out the toothpaste when he's finished. Some people think you should rinse your mouth, but Brush Bunny knows that's wrong and it is best to just spit it out. He is always careful not to swallow the toothpaste.

# Step 4



Brush Bunny loves when he finishes brushing his teeth and they feel nice and clean. He washes his toothbrush with water and puts it back in the tooth brush holder.

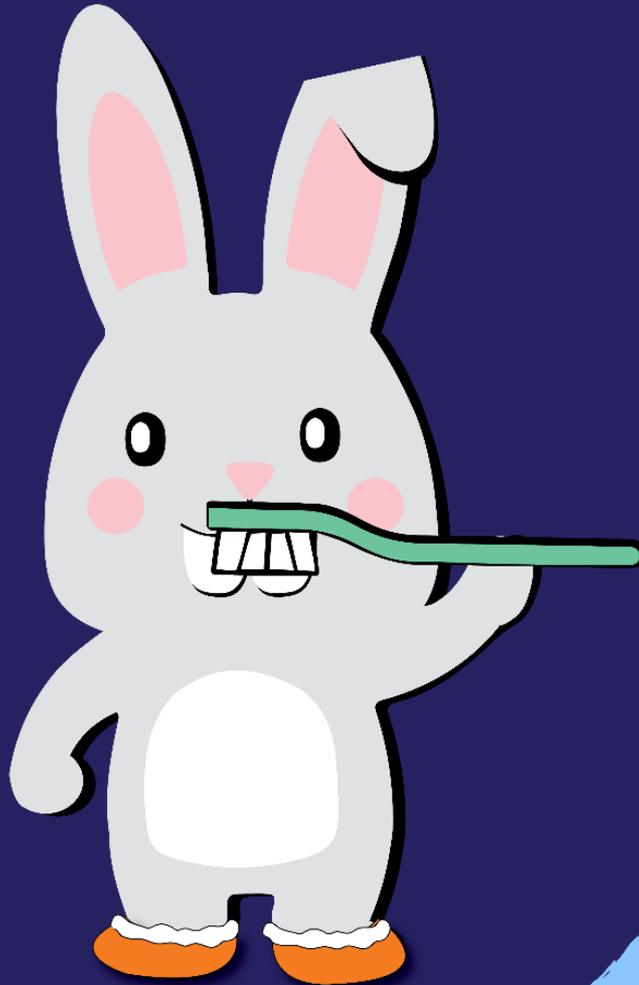
# Step 5



At bed time Brush Bunny brushes his teeth again. He does this to wash away all the food and drink that may be on his teeth after his fun day. He knows this keeps his teeth clean and strong.

Will you do the same as Brush Bunny?

**Step 1, 2, 3, 4, 5**



# 5 Steps



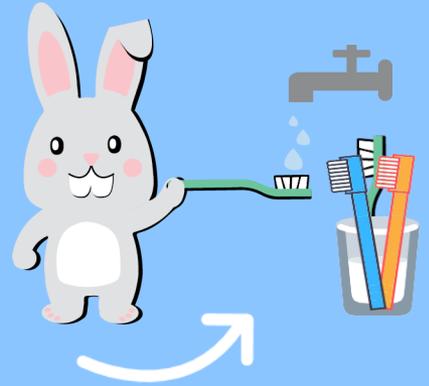
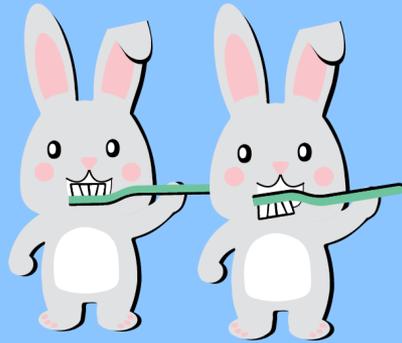
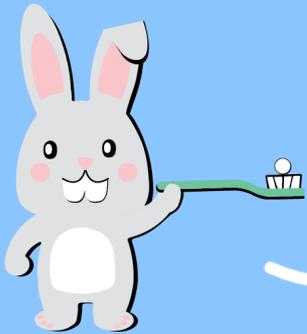
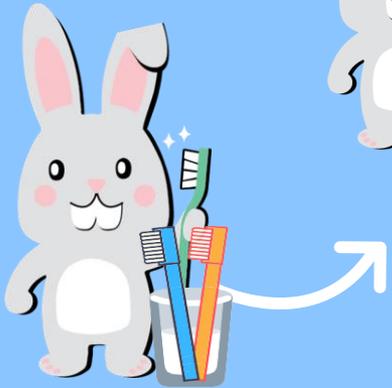
5

4

3

2

1





## Summary



Step 1: Picking the right toothbrush from the holder



Step 2: Putting a pea-size piece of toothpaste on the toothbrush



Step 3: Brushing the top and bottom teeth, inside and out and all around



Step 4: Spitting out the toothpaste, but not rinsing!



Step 5: Wash the toothpaste off the toothbrush and putting it back in the toothbrush holder



You can do this at home too!

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