

Four Zones, Two Minutes

Thirty seconds in each zone, twice a day

TOP RIGHT

30 seconds

TOP LEFT

30 seconds

BOTTOM RIGHT

30 seconds

BOTTOM LEFT

30 seconds

Split the mouth into four. Thirty seconds each makes two minutes.

When do we brush?

Morning — after you get dressed

Bedtime — the last thing before sleep

How do we brush?

Gently, in small circles — not hard and fast

Brush the gum line too, not only the teeth

