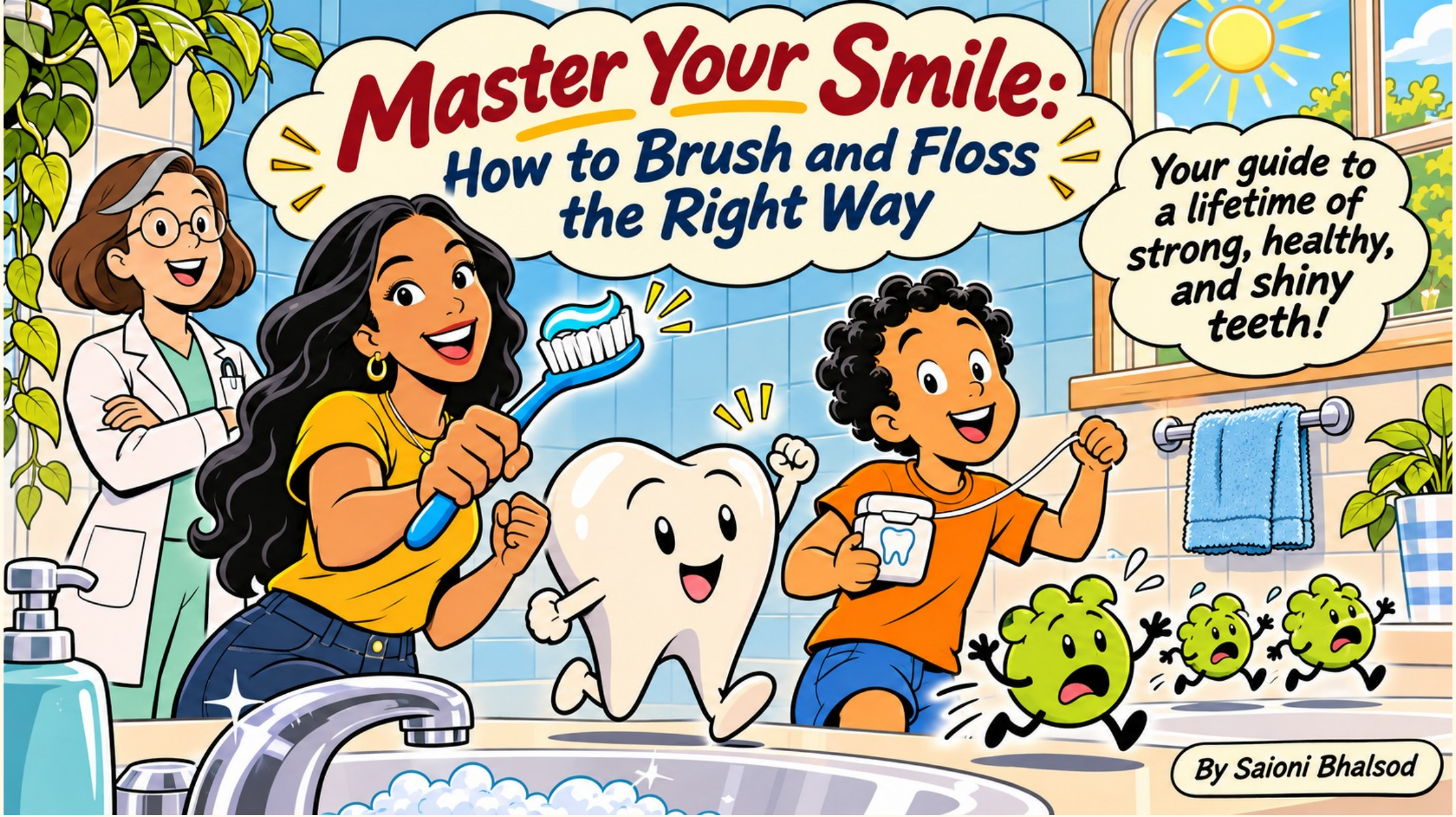

Master Your Smile:
How to Brush and Floss the Right Way
Your guide to a lifetime of strong, healthy, and shiny teeth!
By Saioni Bhalsod


Brushing and Flossing Are Your Smile's Secret Weapons
Your teeth are designed to last a lifetime, but they need your help.
Brushing removes the sticky film (plaque) that causes cavities.
Flossing catches the hidden germs between teeth where brushes can't reach.
A clean mouth means fresh breath and a confident smile!


The Sticky Enemy:
Germs and Food Love to Stick Around
Every time you eat, tiny food bits stay behind.
Think of brushing and flossing as "evicting" these unwanted guests!
Bacteria in your mouth eat those bits and create sticky plaque.
If not removed, this plaque turns into acid that attacks your enamel.

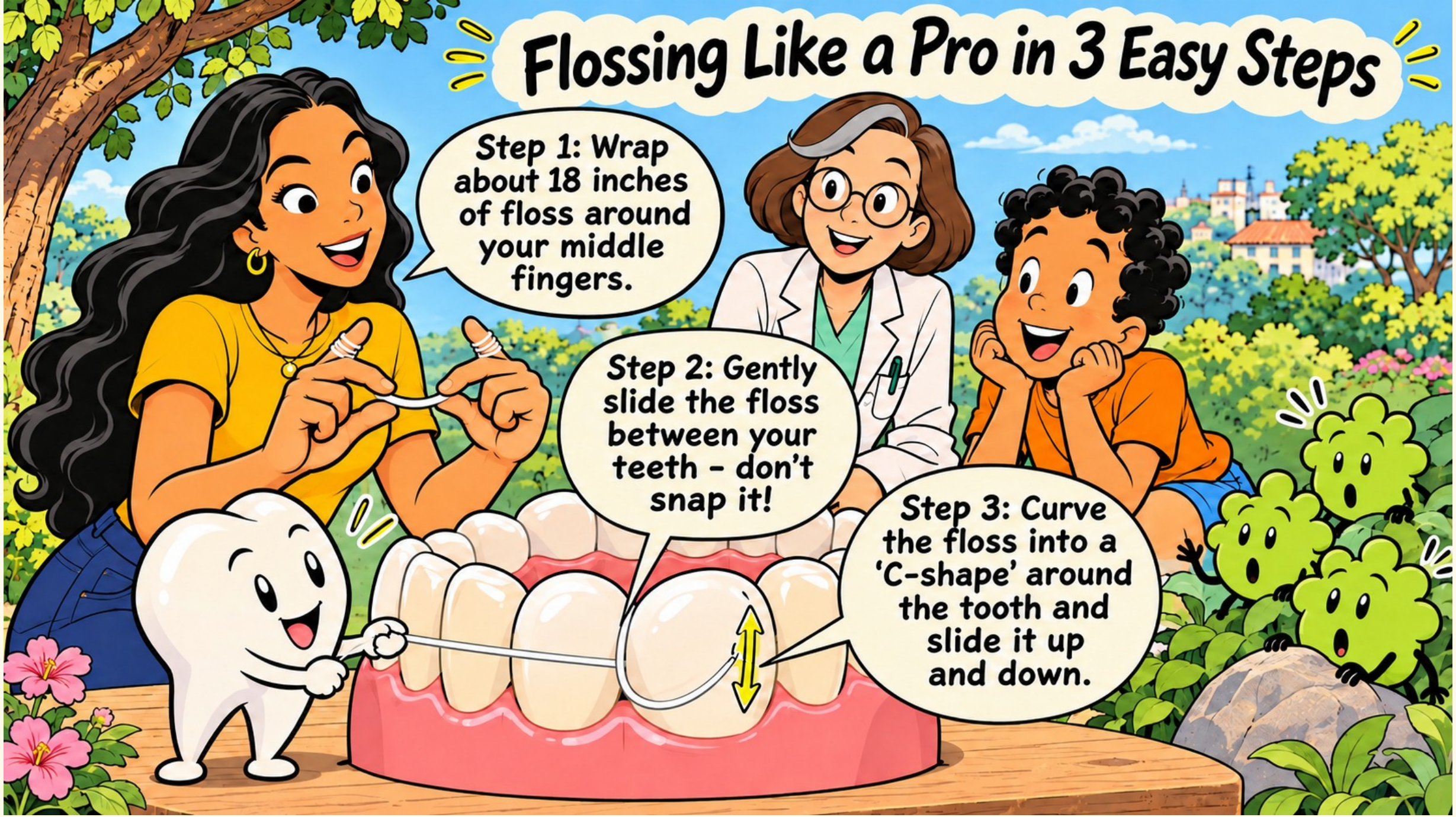

The Golden Rules of Brushing
Twice a Day:
Once in the morning and once before bed.
Gentle Circles:
Use soft, circular motions to massage your teeth and gums.
2:00
Two Minutes:
Use a timer or your favorite song to make sure you brush long enough.


Don't Leave Any Spot Behind! (Part 1)
Front Teeth:
Brush the outside and inside surfaces.
Back Teeth:
These 'heavy lifters' need extra attention in the back corners.

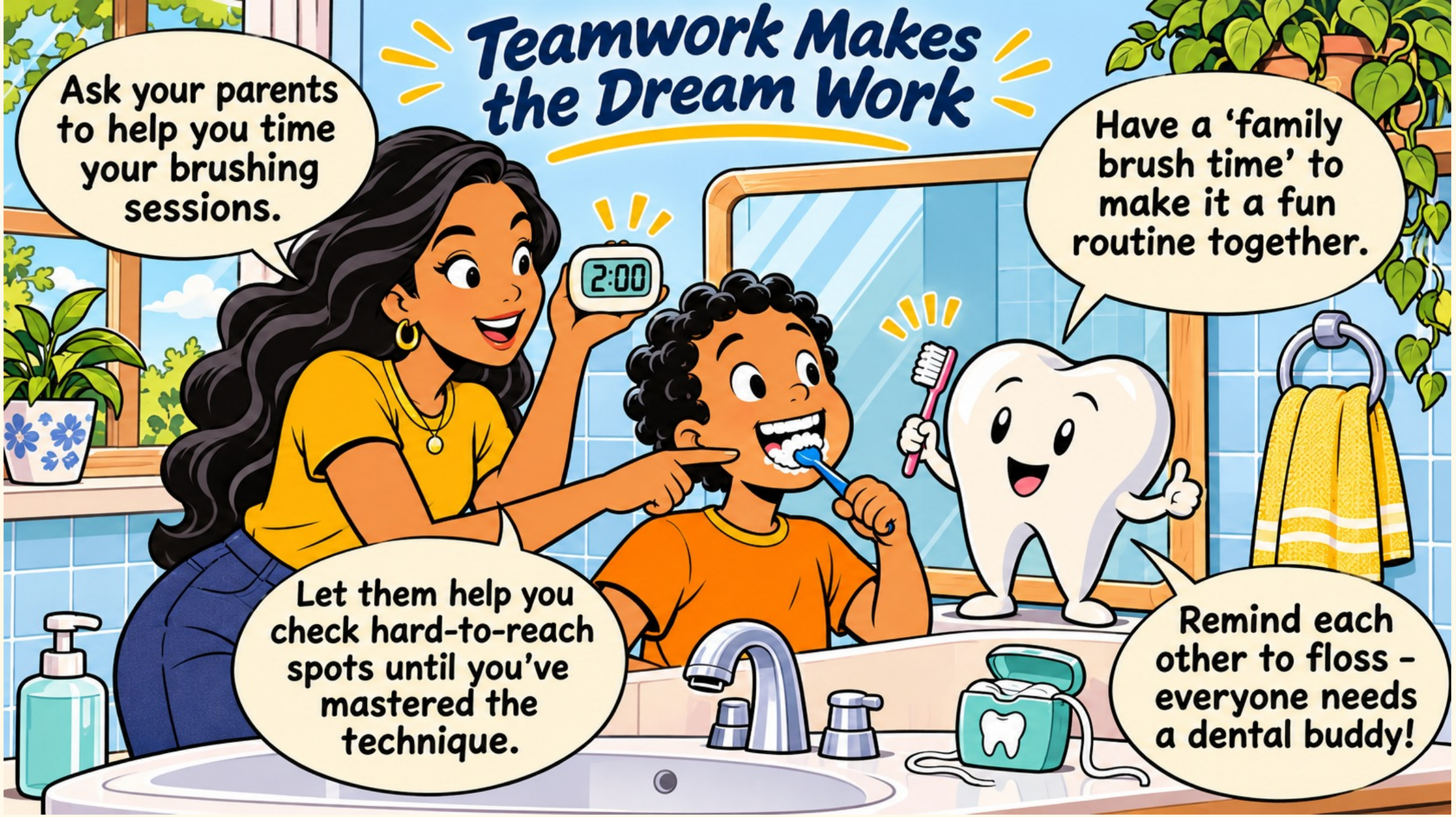

Don't Leave Any Spot Behind! (Part 2)
Chewing Surfaces: Use a back-and-forth motion on the tops of your molars.
Gumline: Tilt your brush at a 45-degree angle to clean where the tooth meets the gum.
45°


Are You Making These Brushing Blunders?
The Speed Demon: Brushing too fast doesn't remove all the plaque.
The Hard Scrubber: Pressing too hard can wear down your enamel.
The Skipper: Always missing the same spots, like the back of the lower teeth.
The Old Brush: Using a frayed toothbrush that doesn't clean effectively.


Why Your Toothbrush Needs a Partner
Toothbrush Limitations:
A toothbrush only cleans about 60% of your tooth's surface.
Hidden Areas:
The other 40% is hidden in the tight spaces between your teeth.
Floss Advantage:
Floss is the only tool thin enough to slide into those gaps.
The Full Picture:
Skipping floss is like only washing 60% of your body!


Flossing Like a Pro in 3 Easy Steps
Step 1: Wrap about 18 inches of floss around your middle fingers.
Step 2: Gently slide the floss between your teeth – don't snap it!
Step 3: Curve the floss into a 'C-shape' around the tooth and slide it up and down.


Take Charge of Your Dental Mission
Set a 'Brush & Floss' alarm on your phone or watch.
Check your work in the mirror – do your teeth look and feel smooth?
Brush & Floss
Keep your tools clean and stored in a dry place.
Be the 'CEO' of your own smile!


Teamwork Makes the Dream Work
Ask your parents to help you time your brushing sessions.
2:00
Have a ‘family brush time’ to make it a fun routine together.
Let them help you check hard-to-reach spots until you’ve mastered the technique.
Remind each other to floss – everyone needs a dental buddy!


Did You Know?
Fun Dental Facts
The first toothbrushes were made from frayed twigs called ‘chew sticks.’
Enamel is the hardest substance in the human body - even harder than bone!
Your mouth is home to more bacteria than there are people on Earth.
If you don’t floss, you miss cleaning the equivalent of 10-15 entire teeth!


Challenge Accepted:
The 2-Minute Mission!
Are you ready to become a dental champion?
Your Mission:
Brush for exactly 2 minutes tonight and tomorrow morning.
Bonus Goal:
Floss at least one gap between your teeth today.
Track It: Mark it on your calendar or habit tracker.
Day | Morning | Night | Floss
Day 1 | ☐ | ☐ | ☐
Day 2 | ☐ | ☐ | ☐
Day 3 | ☐ | ☐ | ☐
Day 4 | ☐ | ☐ | ☐
Day 5 | ☐ | ☐ | ☐
Day 6 | ☐ | ☐ | ☐
Day 7 | ☐ | ☐ | ☐
2:00
Can you go a whole week without skipping a session?


Your Healthy Smile Starts Today!
Keep brushing, keep flossing, and keep shining!
Great habits built now will protect your smile for the rest of your life.
Strong Teeth, Healthy Smile, Happy You!