

Brushing Rule of 5's

1. There are 5 places to brush:

- (1) where the teeth meet the gum lines, in toward the gums
- (2) under the wire
- (3) on top of the wire
- (4) on top of the teeth
- (5) in back of the teeth.

2. There are 5 times during the day to brush:

- (1) when you wake up
- (2) after breakfast
- (3) after lunch or after school
- (4) after dinner
- (5) before bed. (And if you snack, after that, too!)

3. Spend 5 minutes brushing each time you brush.

4. At the end of the day, spend an additional 5 minutes to floss and use fluoride rinse.