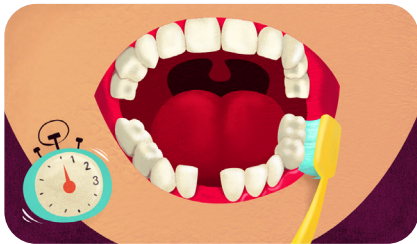


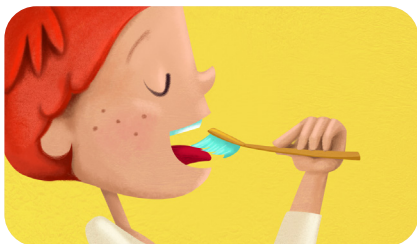
HOW TO BRUSH YOUR TEETH



First,



Next,

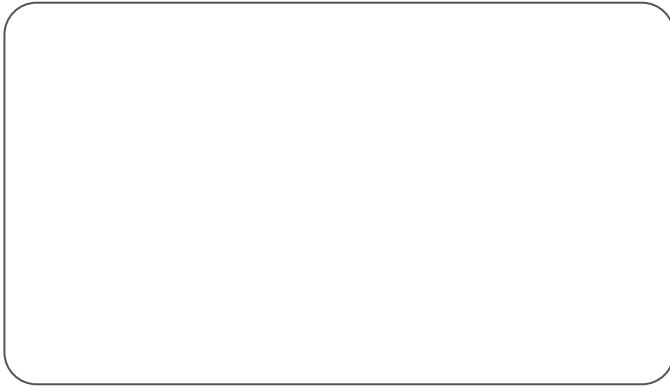


Then,

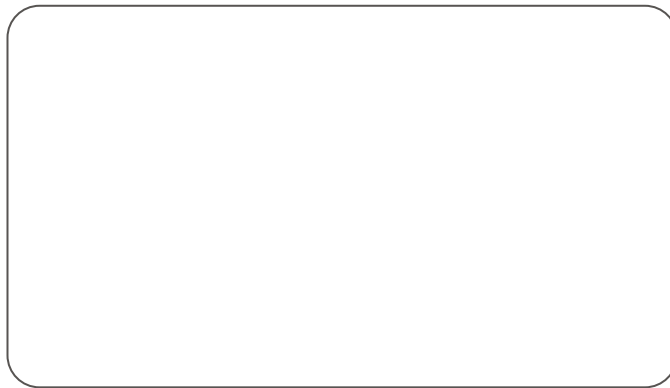


And finally,

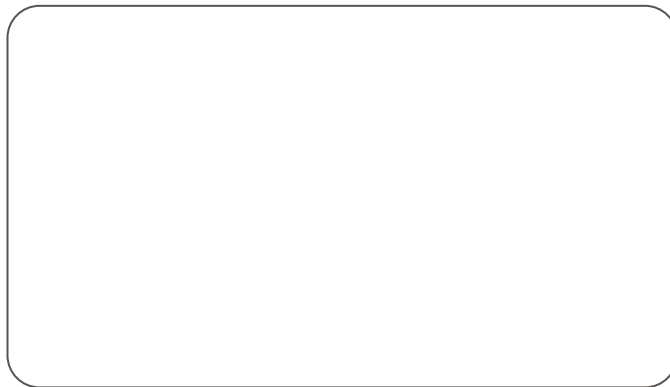
HOW TO BRUSH YOUR TEETH



First, put a pea-sized amount of toothpaste and a bit of water on your toothbrush.



Next, brush the outside and inside of your teeth (don't scrub too hard) for 2 to 3 minutes. Brush in the four sections of your mouth: top left, top right, bottom left and bottom right.



Then, brush your tongue gently.

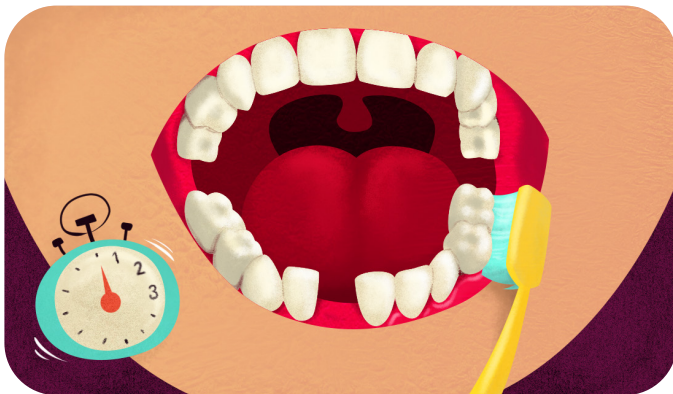


And finally, after brushing, spit out the toothpaste and rinse your toothbrush.

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