Put the Teeth Brushing Steps in Order

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Put toothpaste on toothbrush.


Get dental floss.


Wipe your mouth.


Swish mouth with mouthwash.


Slide floss between all of your teeth. Back and forth.


Spit out the mouthwash.


Spit out the water.


Rinse your mouth with water.


Spit out the toothpaste.


Brush your teeth.
Front. Back. Sides.