Brush Your Teeth

Healthy teeth need to be clean. Brush your teeth twice a day to keep them clean. You should brush in the morning and at night. Brush them for two minutes each time. Be sure to brush all of your teeth. Brush all sides of your teeth in gentle circles.

Unhealthy teeth can cause problems. They get holes in them that cause pain. Unhealthy teeth may also break and fall out. It can cost a lot of money to fix them. So brush your teeth to keep them clean and healthy!

Main Idea

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Brush your teeth twice a day to keep them clean and healthy.

Healthy and unhealthy teeth.

Unhealthy teeth have holes in that cause pain.

You should brush in the morning and at night for two minutes.