**ONE**

**STEP 1:** Place the toothbrush at a 45-degree angle with the brush bristles towards the gum line.

**TWO**

**STEP 2:** Use short strokes to move the brush back and forth gently. For the inside gumline, use the same 45-degree angle.

**THREE**

**STEP 3:** To clean the inside of the front teeth, tilt the brush vertically and make several up-and-down strokes.

**FOUR**

**STEP 4:** Brush the chewing surfaces of your teeth where food often gets trapped, and brush your tongue down in a sweeping motion toward the teeth.