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| After that put teeth together and brush the front teeth for 1 minute. |
| First carefully squeeze some toothpaste onto the head of the brush. |
| How to brush your teeth |
| Next brush the bottom teeth for one minute. |
| Then brush the top teeth for one minute. |
| Finally wash the head of the brush under some cold water. |
| Then get some water and rinse mouth making sure there is no toothpaste left in the mouth. |
| What you need: toothbrush, toothpaste, water |

 