

SMILES FOR HEALTH

TOPIC: Don't Sweat the Technique: Proper Steps to Brushing

<u>VIDEO</u>	<u>AUDIO</u>
Animated open Funder logo: United Concordia	***Voice Over*** <b>Because good dental health benefits more than just a great smile.</b>
Segment topic: "Don't Sweat the Technique" Segment sub-topic: "Steps for Proper Brushing" 7sec.	<b>"Smiles for Health" is brought to you by United Concordia.</b>
4 SEC	***Voice Over*** Proper brushing is the number one thing you can do to keep your teeth and gums healthy.
4 SEC.	01:38:08:25 – 01:38:12:10 You're going to use a soft bristled toothbrush with a compact head
6 SEC.	01:38:22:03 – 01:38:26:16 (You're going to) Put about a pea size amount of toothpaste, just a little bit.
6 SEC	01:38:46:25 – 01:38:52:03 (You want to) Pick a place to start in your mouth, it doesn't matter where but you want to have a sequence when you brush.
8 SEC.	01:38:54:03 – 01:39:00:06 You're going to place (the gum, or) the brush (I'm sorry) at the gum line and angle it at a 45 degree angle.
1 SEC.	01:39:10:24 – 01:39:18:29 You want to stay in place in a vibrating motion (and then) with a gentle roll of the brush down toward (um) the tongue area.
7 SEC.	01:39:06:08 – 01:39:07:18 You're not scrubbing
2 SEC.	01:39:21:05 – 01:39:28:10 You're just going to move along the mouth very slowly that way, going from that back tooth all the way to the other side.
5 SEC.	01:39:42:20 – 01:39:44:19 Then you finish that with brushing your tongue
	01:39:37:02 – 01:39:42:09 It's going to take (about 2 min.) 2 to 3 minutes (actually) to

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Animated close

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completely brush all the teeth.

\*\*\*Voice Over\*\*\*

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