

# HOW TO BRUSH YOUR CAT'S TEETH

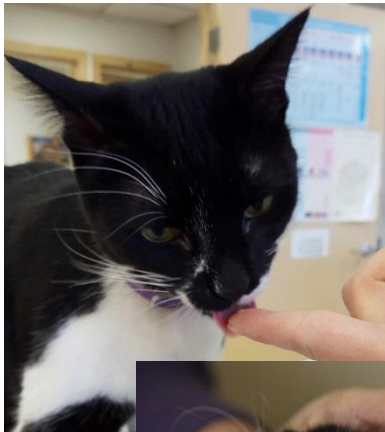
1. Establish a Routine. Daily brushing is best, but 3-4 times per week has been shown to be effective.



2. Get Supplies. Use veterinary products only! And look for items with the VOHC seal!



3. Find a comfortable spot. Sit them on your lap so they can't back up. Give attention and praise!



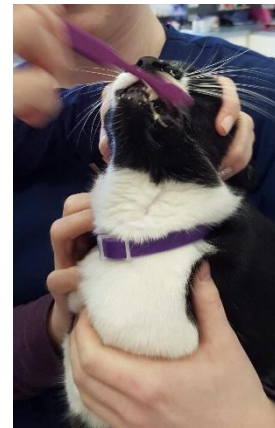
4. Let them lick the toothpaste off your finger. Find a flavor that they think is delicious!



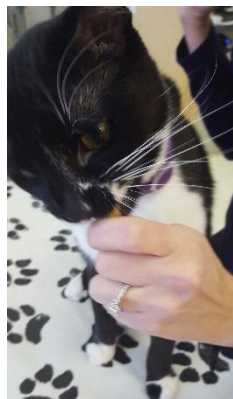
5. Rub your finger along their gums. This lets them get used to the sensation.



6. Try a finger brush with a small amount of toothpaste along the sides and the front incisors. Do not worry about the inside of the teeth.



7. Next you may try an appropriately sized toothbrush. Move in a horizontal motion along the sides and front.



8. End on a positive note! If your pet becomes anxious during any of these steps, stop and try another day.

