This is what you need to do:
- Brush twice a day
- Brush for 2 minutes
- Use fluoride toothpaste
- Spit don’t rinse
- Clean teeth feel smooth to the tongue

This is how you do it:
Dentist shows tooth brushing technique on mouth of model

Now, please clean your teeth using this toothbrush, so that I can check your technique.

Dentist:
- Corrects if required
- Ask how teeth feel
- Ask if now confident
- Praises

Before you go, can you tell me when will be the best time for you to brush your teeth?

Dentists elicits an action plan.

Social Cognitive Theory (Bandura, 1998)
- Tell
- Show
- Do

Implementation Intention Theory (Gollwitzer, 1999)
- Tell
- Show
- Do
- Plan