

**Colgate**

*Bright Smiles, Bright Futures™*



# Sing a Song of Bright Smiles

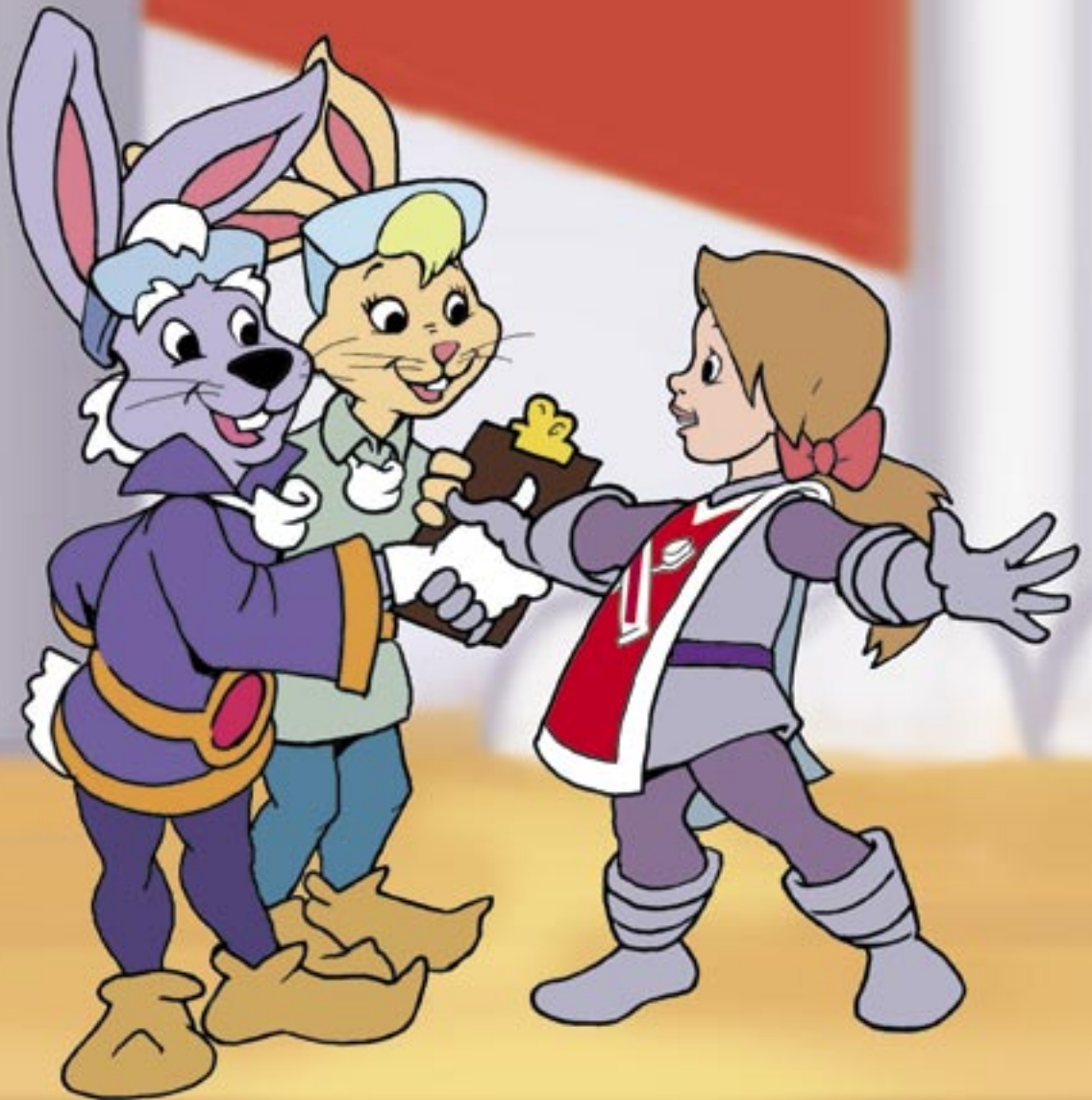


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**Your dentist is your partner in oral health.  
Take care of your teeth between check-ups yourself!**

After breakfast and before bedtime . . .  
Brush at least twice a day and your smile will shine.

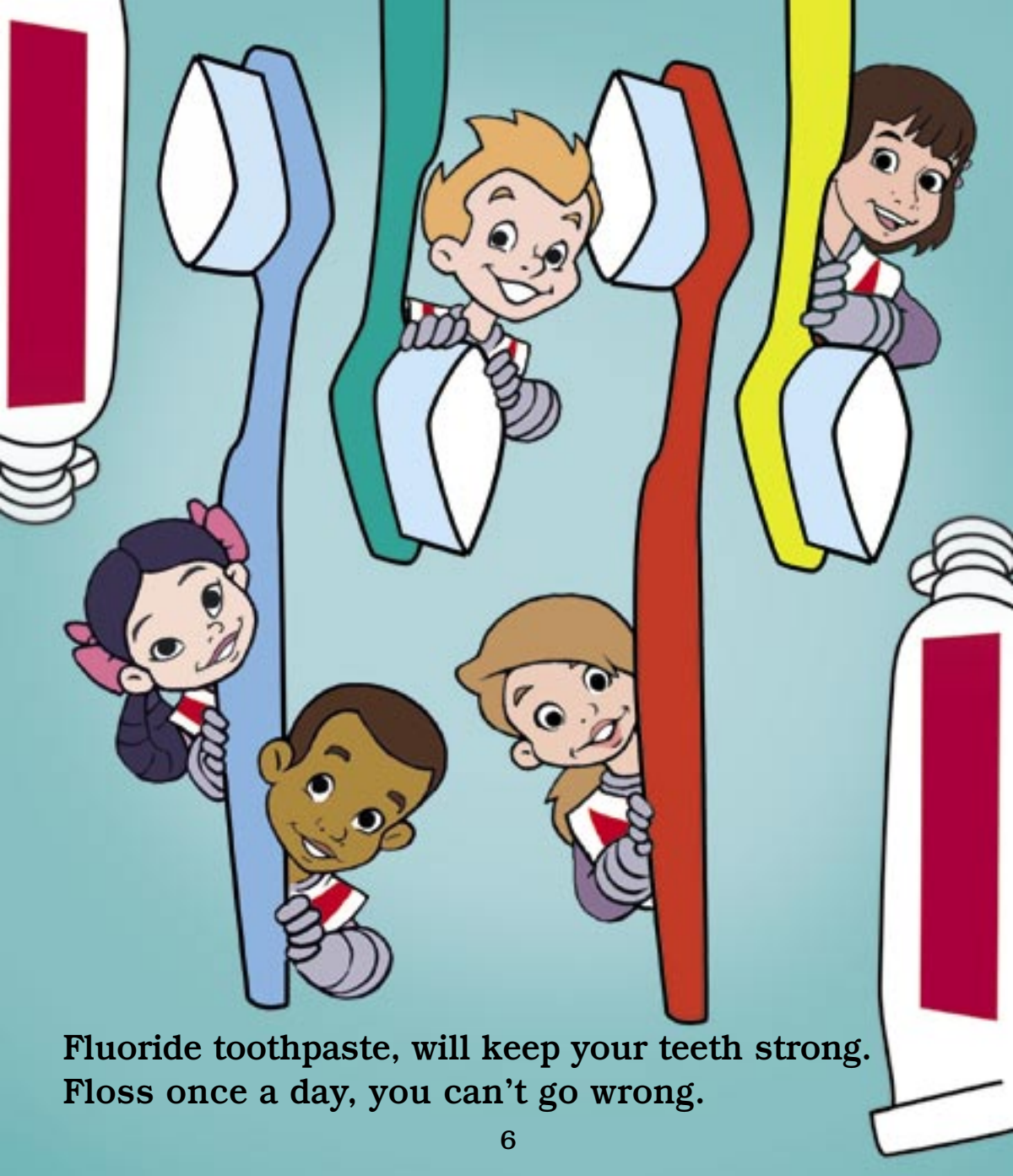


Don't forget the plaque that hides on your tongue.  
Brushing freshens your breath —  
it's great for teeth and gums!



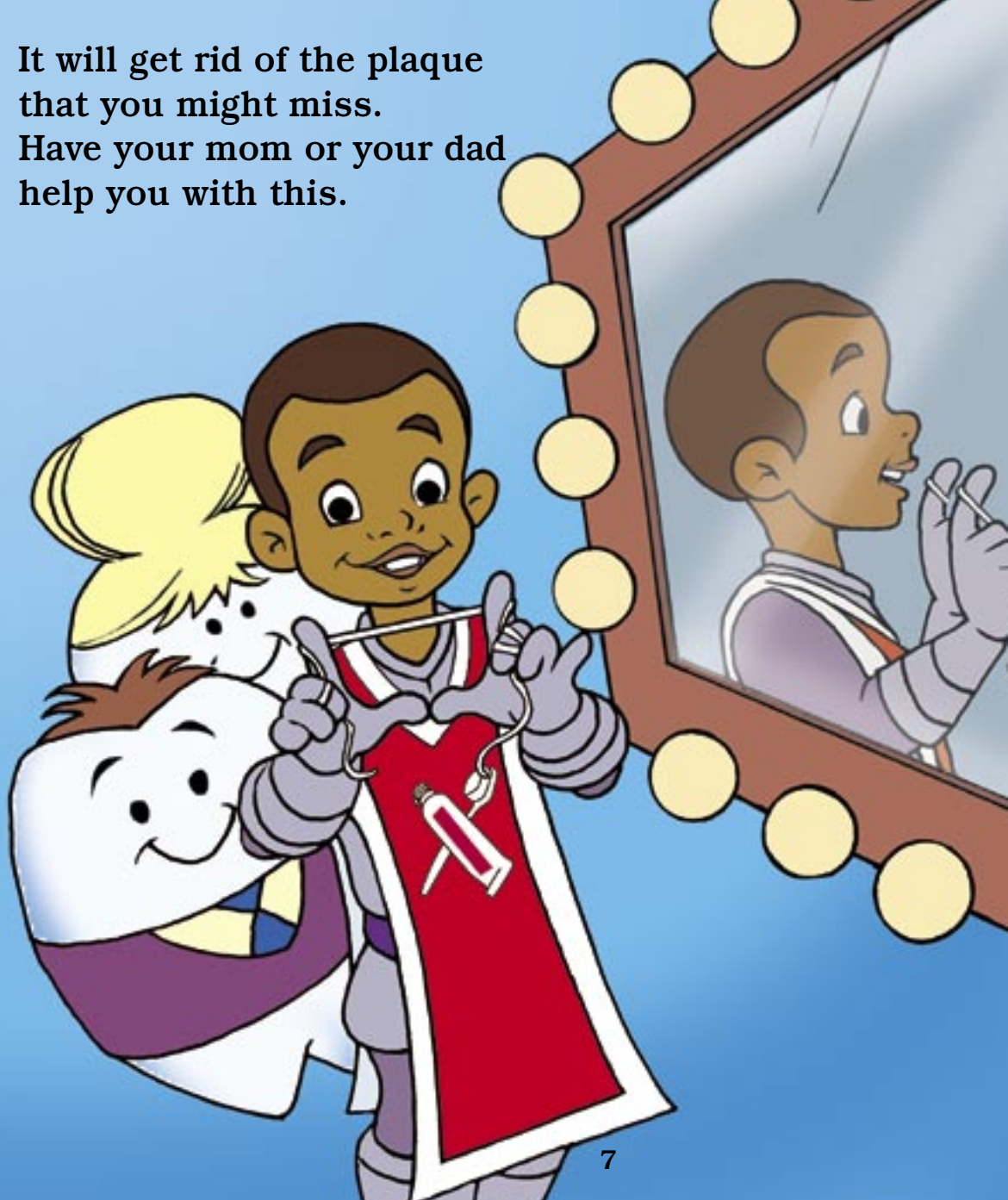


Brush your teeth all over, especially in the back . . .  
And limit the times that you eat a snack.



Fluoride toothpaste, will keep your teeth strong.  
Floss once a day, you can't go wrong.

It will get rid of the plaque  
that you might miss.  
Have your mom or your dad  
help you with this.



**You're doing your part against cavities.  
The brushing's up to you!  
But there's one more thing that you need to do . . .**



**Visit a dentist regularly!  
Visit a dentist regularly!**