



Bright Smiles Community Pledge



We'll brush our teeth at least twice a day with fluoride toothpaste — it's the only way!



We'll limit our snacks — and floss daily too because fighting plaque is important to do.



For a partner who'll help us keep our teeth strong, we'll visit the dentist twice a year our whole life long.

We will make sure our smiles stay bright as we brush every morning . . . and every night.



Name of Organization: _____

Signed:

Child: _____ Date: _____

Leader: _____ Date: _____

