

Quick Tips for Visiting Kids Ages 10-12

For this basic classroom visit, you will introduce yourself, talk about the importance of good oral health habits, and distribute an oral care word search.

1. Introduce Yourself

Tell the children that you are a volunteer for a company called Colgate-Palmolive and that you are visiting today to talk about oral health.

Ask: Have they ever heard of “plaque.” What do they think it is? What does plaque have to do with oral health?

Plaque (plak): are bacteria that are found in everyone’s mouth. When plaque bacteria combine with sugars from food and beverages, it forms acid in your mouth. The acid can attack your teeth and cause cavities! That’s why it’s important to practice good oral health and remove plaque.

2. Share Key Messages

Tell the children that knowing the keys to good oral health can help them fight plaque and have a bright smile that lasts a lifetime.

Review the key messages with the class:

- Brush thoroughly with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime
- Floss daily (parents should floss for children under the age of 8)
- Limit the number of times you eat snacks each day
- Visit the dentist twice a year

Tell the children that by taking good care of their teeth every day, they can get rid of hidden plaque bacteria that can lead to cavities!

3. Distribute the Word Search

Tell the students that the word search is a fun way to discover oral health words. Just as plaque is hidden in everyone’s mouth, key oral health words – both good and bad – are hidden in the word search. Challenge children to find them all!

Invite the children to share their completed word search pages with their families. Remind them to share the key messages that the whole family can follow. Everyone can have a bright smile to last a lifetime!

Thank the children for helping Dr. Rabbit spread Bright Smiles around the world!



Colgate

Bright Smiles, Bright Futures



Bright Smiles Word Search

Hey kids! Find all the hidden words in the oral health word search. The words you discover will help you have a Bright Smile. Then, reward yourself with the Bright Smiles Bookmark!



Word Bank

- | | | | |
|-------------|-----------|----------------|------------|
| appointment | fluoride | rinse | strengthen |
| bright | hygienist | shiny | teeth |
| cavity | molar | smile | toothbrush |
| chew | plaque | starchy snacks | toothpaste |
| dentist | protect | sticky sweets | xray |
| floss | | | |

W H Y G I E N I S T S U T E O T C A Q S
 Y E C Z M T Y A K P T U E L M Y G F Q V
 I A A P R O T E C T A Y E J T R U F V L
 Y Z R N P S E T T T R F T N N R H Z I B
 N U C X C V Y L A U C Q H K E W Q T E O
 M A J H X Y T J I M H P D D M F J W D M
 Y P T M E X I Y X M Y K E S T B F U I V
 X E R O P W V Z H C S Z N R N B A C R O
 S P H L V A A O K Y N U T D I Y S C O I
 S N D A Q H C X P O A U I F O P B H U P
 O U K R P Y A J F Y C H S K P S I H L F
 L N F Z Q Q M V G W K W T V P K H Q F C
 F Z T P L A Q U E L S Q E O A W H I O Y
 O U W X G E G N S M N K E S B F M X N D
 H S U R B H T O O T H J T M N L P X D Y
 F V L T U B P Q A W V G J P U I W Z Y A
 G S T E E W S Y K C I T S K X K R U J F
 G U U F X Z B K V V L K L L G I U S X O
 Q Y B R I G H T N N E H T G N E R T S Q
 F Z O R T Z W B T E T S A P H T O O T R



Bright Smiles Bookmark



Brush thoroughly with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime



Floss daily



Limit the number of times you eat snacks each day



Visit the dentist twice a year





Your Bright Smile

Oral Health for Children

Build Habits for a Lifetime!

You can help children build good oral health habits at a young age.

Be a role model for healthy teeth and gums by following these easy steps ... and help make a child's smile last a lifetime!

- Brush thoroughly with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime
- Floss daily (parents should floss for children under the age of 8)
- Limit the number of times you eat snacks each day
- Visit the dentist twice a year



Why Healthy Teeth and Gums are Important

Healthy "oral structures" include firm gums and strong teeth. They are important for children in so many ways!

Eating. Food is broken down by chewing. Teeth then work along with saliva to break down food even further before swallowing.

Speaking. Both baby (primary) and adult (permanent) teeth are important for helping children to speak properly and form sounds.

Self-Esteem. A bright and healthy smile can enhance appearance and increase confidence.

Aesthetics. Fresh breath feels good — and makes a child nice to be around!

Top Toothbrushing Tips to share with kids

- **Brush away plaque!** Brush *all* surfaces of the teeth: top, bottom, front, back, inside and outside. Make sure to brush the tongue, too!
- **Take care of your baby teeth.** They save space for permanent teeth and help them come in straight. Brushing them thoroughly is important!
- **Brush wa-a-ay in the back.** Make sure to reach *all* of your teeth, including those at the very back. This is where the six-year-molars will come in – your first adult teeth!





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: _____





Bright Smiles Family 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.

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



Signed:

Child: _____ Date: _____

Parent: _____ Date: _____



Colgate[®]

Bright Smiles, Bright Futures[™]



This *Bright Smiles, Bright Futures*[™]
certificate is awarded to:

In recognition of their outstanding oral health habits
and bright, shiny smiles!

Signature

Date

