

Quick Tips for Visiting Kids Ages 8-9

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

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.

Invite children to name words they think of when they think of “oral health.” Prompt them by providing thought-starters: *How do they take care of their teeth? What do they use to keep their teeth bright and shiny?*

2. Share Key Messages

Tell the children that knowing the keys to good oral health can help them 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

3. Distribute the Crossword Puzzle

Tell the children that the crossword puzzle is a fun way to remember oral health words and key messages. Invite them to post the completed crossword puzzle at home to share with their families!

Answer Key

7) smile	8) xray
5) plaque	7) snacks
4) floss	6) toothpaste
3) dentist	4) fluoride
2) toothbrush	1) teeth
Down	Across

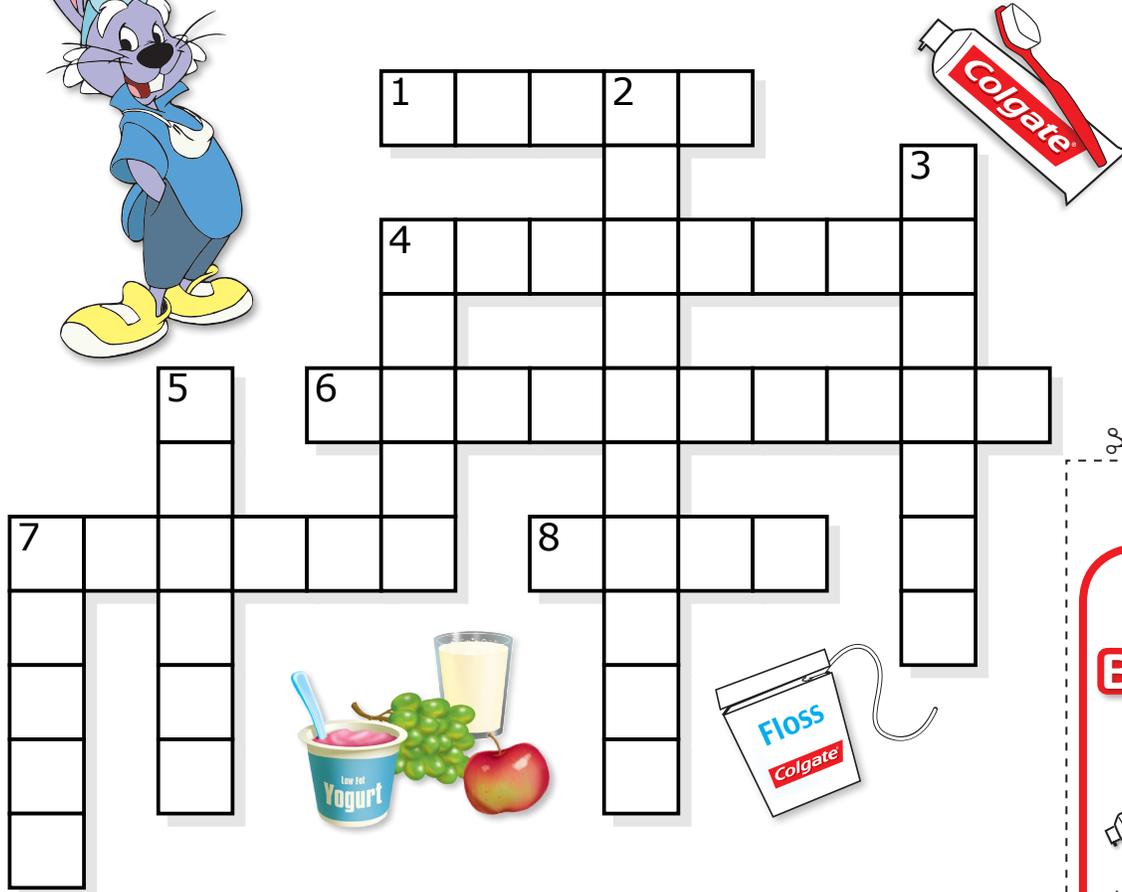


Thank the children for helping Dr. Rabbit spread Bright Smiles around the world!

Bright Smiles Puzzle



Hey kids! Test your oral health knowledge by filling in the crossword puzzle. The words you discover will help you have a Bright Smile. Then, reward yourself with the Bright Smiles Bookmark!



Across

- 1) Brush these thoroughly at least twice a day
- 4) The ingredient in toothpaste that keep steeth strong
- 6) Found in a tube, its special ingredient is fluoride
- 7) Don't eat too many of these — especially sweet and sticky ones!
- 8) A picture of your teeth

Down

- 2) Use this to keep your teeth clean — and change it when the bristles get shaggy!
- 3) The doctor that cares for your teeth
- 4) This string gets rid of hidden plaque bacteria
- 5) This hidden bacteria can lead to cavities
- 7) Brushing keeps this bright — and you can share it with others, too!



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

