



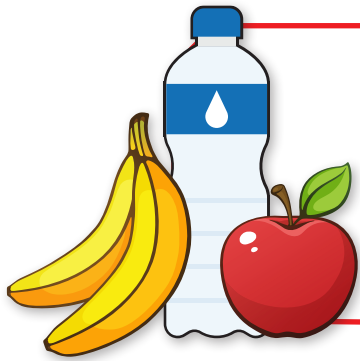
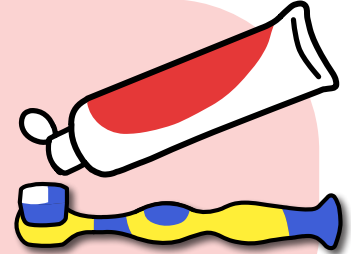
5 steps TO GOOD ORAL CARE

1

Brush your teeth twice a day

Use a soft toothbrush, fluoride toothpaste and brush once in the morning and once at night.

Don't swallow the toothpaste – spit it out in the basin!



2

Limit sugary snacks & drinks

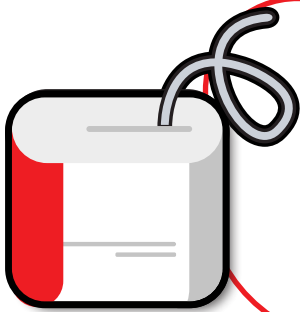
Remember to eat lots of fruit and vegetables! Try to limit sugary drinks – water or a glass of milk is healthier for your teeth.

3

Visit your dentist

Visit your dentist or dental hygienist regularly to help keep your teeth and gums healthy.

Mom and Dad: Start dental visits early & build enthusiasm.



4

Floss

As soon as you've got 2 teeth that touch, you (along with your Mom or Dad) should floss to remove the plaque.

Hold the floss between your fingers, and gently rub the floss between your teeth.

5

Change your toothbrush every 3 months

If the bristles on your toothbrush are looking worn, they won't remove as much plaque so it's time for a new one!

Ask your Mom or Dad for a new toothbrush every 3 months.



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