

## Quick Tips for Visiting Kids Ages 5-7

For this basic classroom visit, you will introduce yourself, tell the children about Dr. Rabbit, and do a “classroom participation” mini-story. At the end, share your experience on Facebook!

### 1. Introduce Yourself

Tell the children that you are a volunteer for a company called Colgate-Palmolive. Ask: Have they ever heard of Colgate? What do they think Colgate makes?

*If needed, give “hints” to prompt children to guess that Colgate makes fluoride toothpaste.*

Invite children to name words they think of when they think of “toothpaste.” What does toothpaste help them do? Possible words: brush, smile, clean teeth.



### 2. Introduce Dr. Rabbit

Ask children if they’ve ever heard of a purple cartoon dentist named Dr. Rabbit. (If they have received the BSBF classroom kit, they will likely be familiar with him.) Tell the children that Dr. Rabbit teaches children just like them about oral health – and he’d like their help!

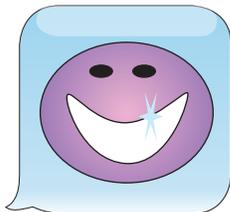
*Optional: Print an illustration of Dr. Rabbit to bring to class, e.g. on the back of this sheet.*

### 3. Classroom Participation Mini-Story

#### Organize Classroom Groups

Have children “count off”: 1 – 2 – 1 – 2 until all children are either a 1 or a 2. Divide children into two groups, and have them switch seats so that groups sit together.

- Give each group their “call-out words.”
  - Group 1: **Brush Your Teeth**
  - Group 2: **Bright Smiles**
- Practice once or twice, with each group calling out their assigned words in unison when you point to that group.



#### Recite the Call and Response Verse:

Read the following call-to-action aloud. Go slowly, and try to be “dramatic” to engage the children:

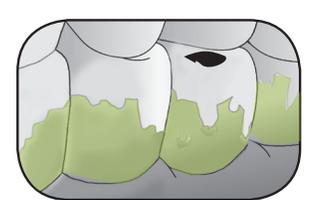
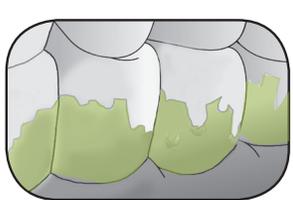
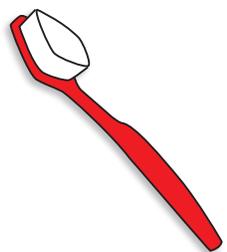
- Dr. Rabbit is a very wise dentist. He reminds each of his patients to: [point to Group 1]
- Dr. Rabbit’s patients have learned a lot. They remember to brush at least twice a day, especially after eating breakfast and before bedtime. That’s why his patients all have [point to Group 2].
- Today, Dr. Rabbit wants me to ask YOU to say to your family and friends: [Group 1]
- Because if we help Dr. Rabbit spread this important message – the whole wide world can be filled with [Group 2]!
- Dr. Rabbit says: Hooray for healthy teeth – and thanks for helping! Let’s give ourselves a big hand! [clap and encourage the children to clap, too!]

Thank the children again for helping Dr. Rabbit spread Bright Smiles around the world! Remind the children to practice healthy brushing habits at home.



# Bright Smiles Word Match

for Kids Ages 5-7



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**Directions:** Cut out the words. Match the words to the pictures.

sugary snacks

dentist

floss

smile

healthy snacks

plaque

toothbrush

cavity

fluoride toothpaste



# 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



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



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



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

**W**e 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



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



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



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

**O**ur 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*<sup>™</sup>



This *Bright Smiles, Bright Futures*<sup>™</sup>  
certificate is awarded to:

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

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Signature

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Date

