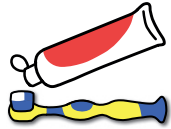


5 steps to ensure your child's smile lasts a lifetime



Brush teeth twice a day

Brush with a fluoride toothpaste, once in the morning and then again before bed. Spit, don't rinse; rinsing washes the fluoride protection away.



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.



Supervise your child

Supervise your child during toothbrushing until they are at least 8 years old.



Visit your dental professional regularly

Ensure you and your child visit your dental professional regularly.



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!

To find out more about Colgate® Bright Smiles, Bright Futures™, please visit colgate.com.my



Steps to ensure your child's smile lasts a lifetime

1 Regular check-ups

Help your child become familiar with the dental practice, and get important information and advice on how to look after their smiles. Dental decay is a common problem but it is preventable! By visiting the dentist as soon as your child's first tooth appears or before the age of one, you can help your child grow with healthy decay-free teeth.

Tooth Defender Tip

Make dental check-ups a fun habit for your child. Consider establishing a fun post check-up routine, like an outdoor activity or watch a new film.



2 Limit snacks

Everyone has plaque bacteria in their mouth. When plaque bacteria mixes with sugary foods and drinks, acids are produced which can cause tooth decay. That's why your child should limit the amount and number of times they consume sugary snacks or drinks each day.

Tooth Defender Tip

Pure fruit juices and smoothies can also contain hidden sugars which can damage teeth. To avoid this consume fruit juices as part of a meal and limit the consumption to a small glass (up to 150ml).



3 Teach good habits at home

Brush twice a day with a fluoride toothpaste, once in the morning and then again before bed.

Toothbrushing removes plaque from the surfaces of the teeth and fluoride keeps teeth strong and helps fight tooth decay.

Toothbrushing Tips

- Use an age appropriate toothpaste with fluoride
- Use a smear to a pea-sized amount of toothpaste according to local dentist recommendation
- Spit, don't rinse, after toothbrushing
- Replace your toothbrush regularly

Follow the brushing technique below

