

MY TOOTHBRUSHING CHART

HELLO,

CHILD'S NAME

I'M DR. RABBIT

WELCOME TO THE TOOTHBRUSHING CHALLENGE

BRUSH TWICE DAILY, ALWAYS BEFORE BED AND ON ONE OTHER OCCASION

TICK A BOX
EACH TIME
YOU BRUSH
YOUR TEETH



Get active with these activities from **Bright Smiles, Bright Futures™**

The toothpaste maze

Help Tom the Tooth find his way to Colgate's Maximum Cavity Protection plus Sugar Acid Neutraliser™ toothpaste before he gets a cavity!

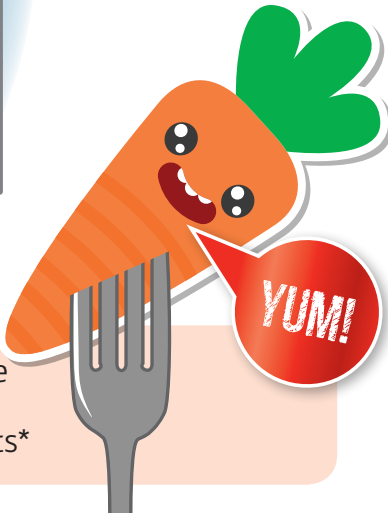
Watch out for the sugars that could attack him on his journey.



DID YOU KNOW?



97% of dentists see at least one child every day with cavities caused by a high-sugar diet*



DID YOU KNOW?

Raw vegetables are the top tooth-kind snack recommended by dentists*



Spot the difference

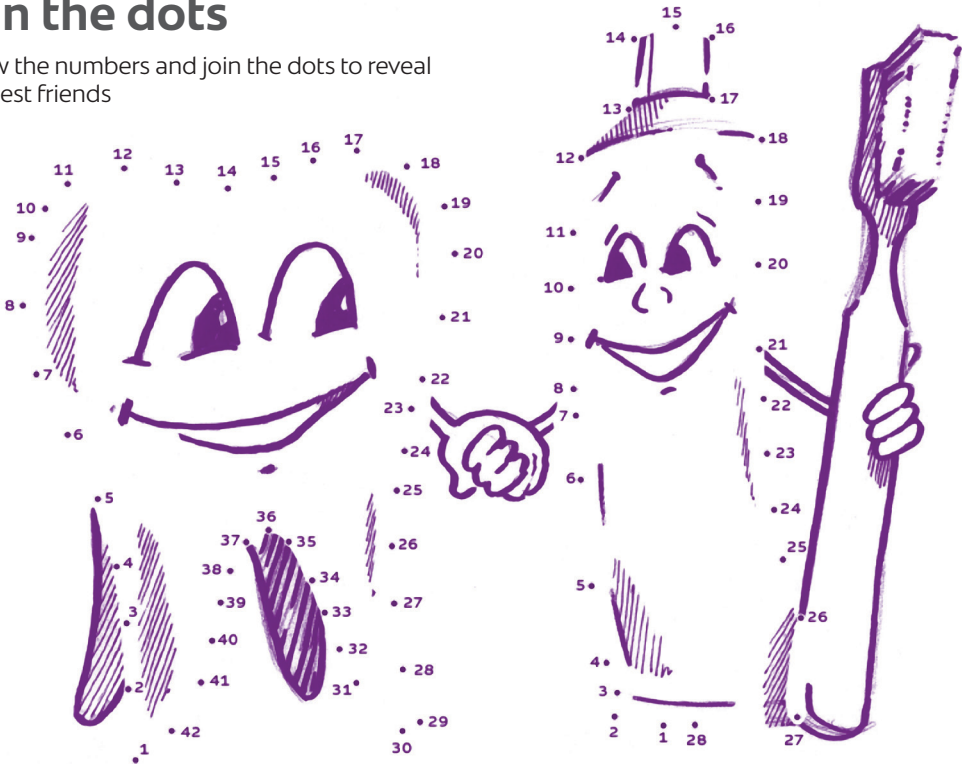
Can you spot and circle the **FIVE DIFFERENCES** between these two teeth?

Which one has cavities and which one uses Colgate Maximum Cavity Protection plus Sugar Acid Neutraliser™ toothpaste everyday?



Join the dots

Follow the numbers and join the dots to reveal two best friends



* Results from The Colgate Cavity Report, 2014