

Colgate®

BRIGHT SMILES,
BRIGHT FUTURES™



BE A TOOTH



DEFENDER!

Know How To Brush

3. WAY IN THE BACK

Brush chewing surface of each tooth.



4. BEHIND FRONT TEETH

Use tip of toothbrush to brush behind each front tooth, both top and bottom.



5. TONGUE

Don't forget to brush your tongue.



2. INSIDE

Brush inside surface of each tooth, using wiggling technique in Step 1.



★ Tooth Defender Tips ★

- Brush at least twice a day with fluoride toothpaste!
- Remember to brush *all* top and bottom teeth!

1. OUTSIDE

Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.



TOOTH DEFENDER! Challenge

Good oral health is an important part of being healthy. Follow the tangled strings to discover the **Bright Smiles Super Powers** that can make you a true Tooth Defender!



Brush thoroughly with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime



Floss daily



Use fluoride rinse



Limit the number of times you eat sweet and sticky snacks



Visit the dentist regularly