MY TOOTHBRUSHING CHART

HELLO, _____ I'M DR. RABBIT

CHILD'S NAME

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

START HERE

AFTER FOUR WEEKS YOU WILL HAVE SUCCEEDED IN MAKING IT A DAILY ROUTINE

YOU DID IT!

INVITE OTHER MEMBERS OF YOUR FAMILY TO BRUSH WITH YOU

BRIGHT SMILES, BRIGHT FUTURES™ Colgate

Colgate®

www.colgate.co.uk

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 Great Regular Flavor 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*

Join the dots

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

* Results from The Colgate Cavity Report, 2014