

Colgate®

BRIGHT SMILES,  
BRIGHT FUTURES™



# Bright Smiles Family Pledge



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

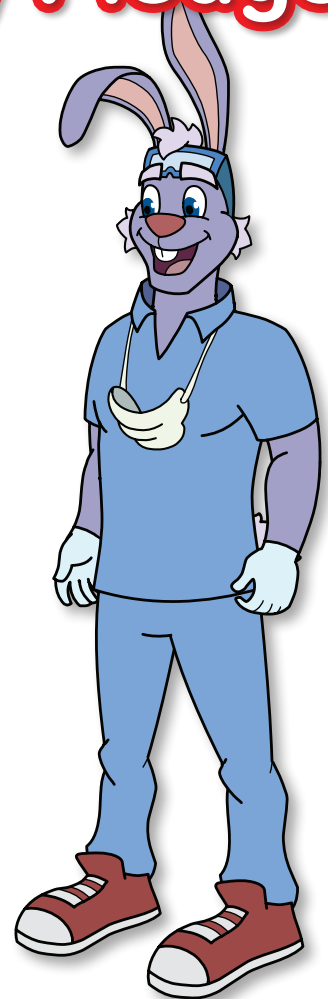


**W**e'll limit our snacks — and floss daily too because fighting plaque is important to do.



**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: \_\_\_\_\_

