

# 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\*

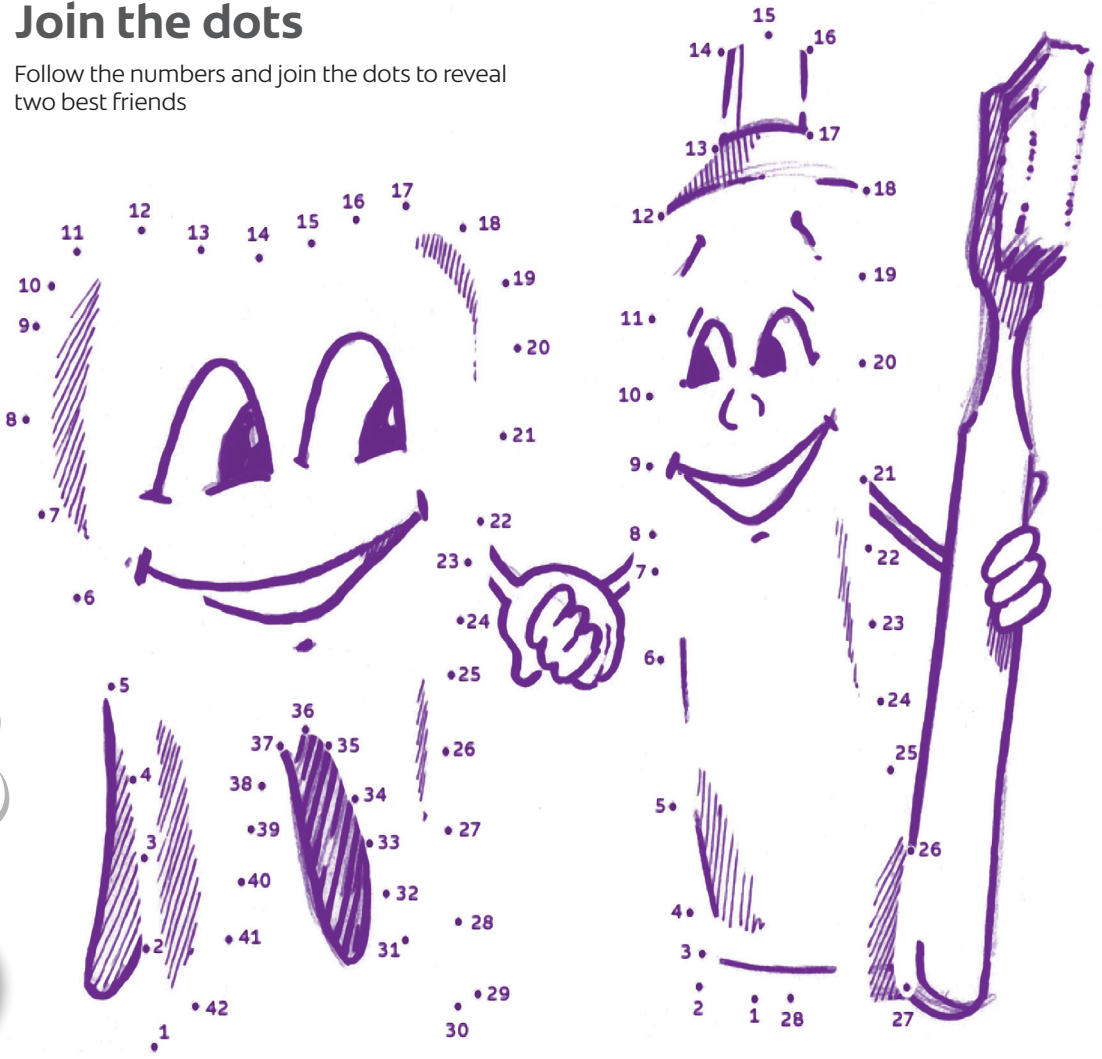


**DID YOU KNOW?**

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

## Join the dots

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



\* Results from The Colgate Cavity Report, 2014