



MY TOOTHBRUSHING CHART

HELLO,

CHILD'S NAME

WELCOME TO THE MOLAR SYSTEM

AND THE TOOTHBRUSHING CHALLENGE

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

TICK A BOX EACH TIME YOU BRUSH YOUR TEETH

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7 DAY 8 DAY 9 DAY 10 DAY 11 DAY 12 DAY 13 DAY 14 DAY 15

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

DAY 16 DAY 17 DAY 18 DAY 19 DAY 20 DAY 21 DAY 22 DAY 23 DAY 24 DAY 25 DAY 26 DAY 27 DAY 28

YOU DID IT!



REMEMBER TO CLEAN ALL TOOTH SURFACES, BRUSH TOP AND BOTTOM, INSIDE AND OUT!

INVITE OTHER MEMBERS OF YOUR FAMILY TO BRUSH WITH YOU



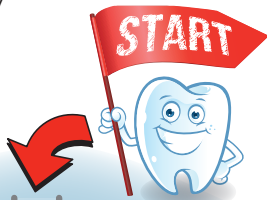


Get active with these activities from **Bright Smiles, Bright Futures™**

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?



Every mouth has bacteria which when mixed with sugary food and drinks can lead to tooth decay!

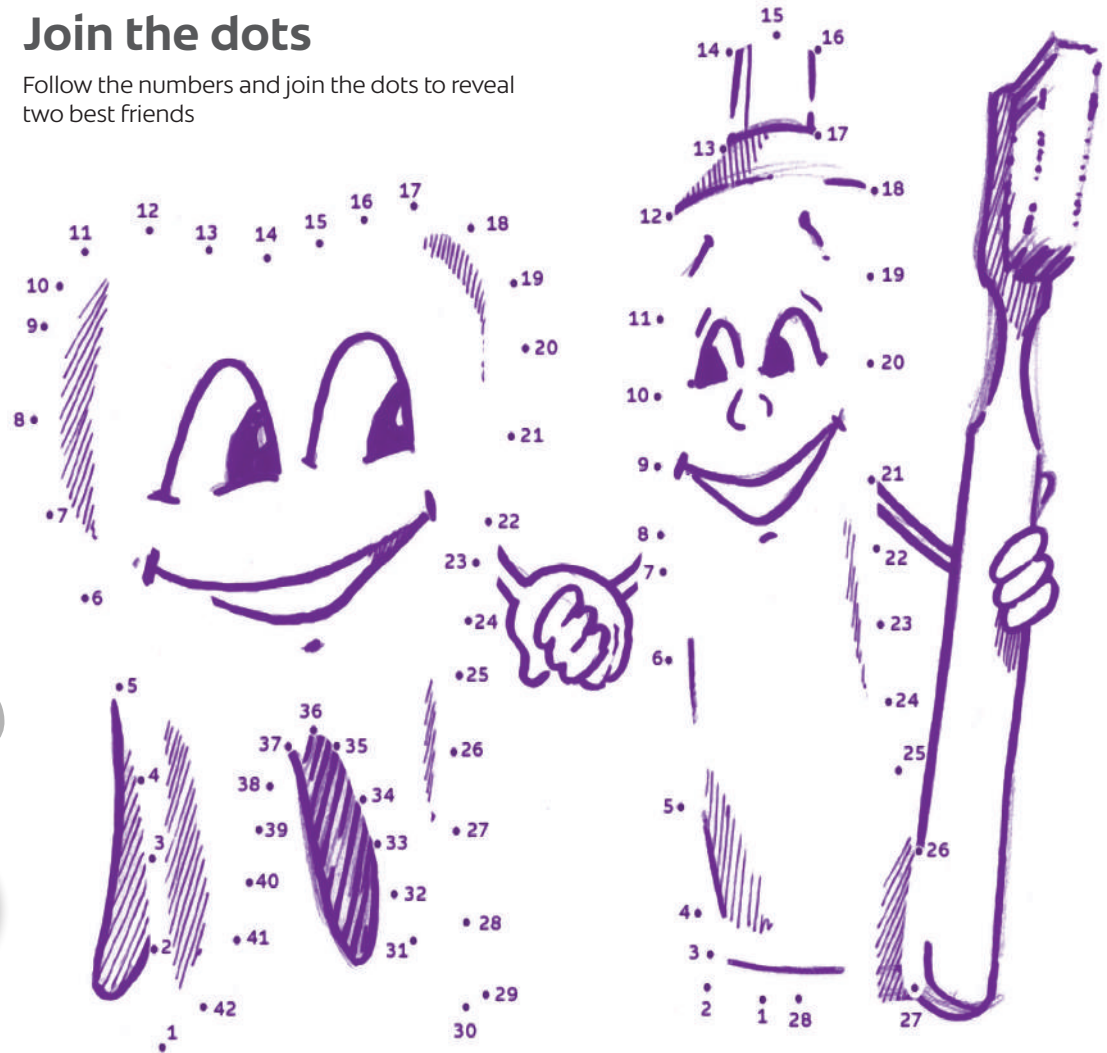
WATCH OUT!

Watch out for hidden sugars in processed foods which look like they're healthy such as yogurts and fruit smoothies



Join the dots

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



DID YOU KNOW?

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



* Results from The Colgate Cavity Report, 2014