WELCOME TO THE TOOTHBRUSHING CHALLENGE

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

HELLO, I'M DR. RABBIT

CHILD'S NAME

START HERE

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
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!

INVITE OTHER MEMBERS OF YOUR FAMILY TO BRUSH WITH YOU

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

www.colgate.co.uk
97% of dentists see at least one child every day with cavities caused by a high-sugar diet*

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

DID YOU KNOW?

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?

Spot the difference
Can you spot and circle the FIVE DIFFERENCES between these two teeth?
Which one has cavities and which one uses Colgate Maximum Cavity Protection plus Sugar Acid Neutraliser™ toothpaste everyday?

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

* Results from The Colgate Cavity Report, 2014