

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



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

START HERE

YOU DID IT!

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

Colgate

YOUR PARTNER IN ORAL HEALTH

www.colgate.co.uk



IN PARTNERSHIP WITH

BDA
British Dental Association

TOOTH DEFENDER! Challenge



Good oral health is an important part of being healthy. Follow the tangled strings to discover the Bright Smiles Super Powers that can make you a true Tooth Defender.



IN PARTNERSHIP WITH



Brush teeth twice a day with a fluoride toothpaste, last thing at night and on one other occasion



Take care to clean all tooth surfaces



Just spit after toothbrushing, rinsing washes the fluoride protection away



Reduce the amount and frequency of sugary foods and drinks



Visit the dentist regularly



YOUR PARTNER IN ORAL HEALTH