

Oral Care tips to help prevent cavities for a healthy and confident smile

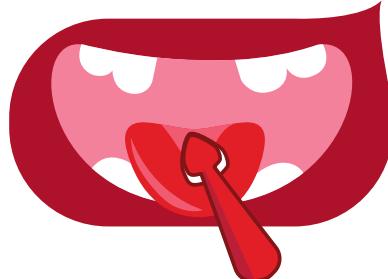
Brush for 2 minutes twice daily to prevent cavities



Wiggle brush gently back and forth along outer gumline. Repeat for each tooth.



Brush the surface behind each tooth and the chewing surface.



Don't forget to brush your tongue.

Floss daily to remove plaque and food particles between teeth that can cause cavities



Help your child gently move floss using a slow back and forth and up and down motion between their teeth.



Curve the floss around each tooth to encourage any debris removal but be gentle with the gumline.



Your dental professional may recommend use of fluoride mouthwash for children 6+ to help prevent cavities.

Make brushing fun!

Encourage kids to brush regularly at home by picking their favorite character toothbrush and toothpaste. Remember to replace your toothbrush every 3 months.

- Harry Potter
- Bluey
- Minecraft
- Pokémon
- Unicorn Academy

Colgate®

MY BRUSHING CHART

Ready... Set...
BRUSH!



Keep up the good work,
scan and print a
new calendar!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
 <input type="checkbox"/> <input type="checkbox"/>					
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
 <input type="checkbox"/> <input type="checkbox"/>					
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
 <input type="checkbox"/> <input type="checkbox"/>					
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
 <input type="checkbox"/> <input type="checkbox"/>					
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
 <input type="checkbox"/> <input type="checkbox"/>					

You did it!





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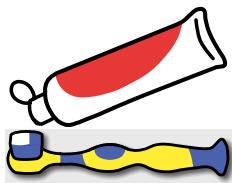


Great Job!

Name

You are being awarded this very special certificate for doing a great job brushing and having a sparkly, healthy smile!

Date



1 Brush your teeth twice a day



2 Limit sugary snacks & drinks



3 Visit your dentist regularly



4 Don't forget to floss



5 Change your toothbrush every 3 months

Well done and keep up the good brushing!

Healthy Choices, Happy Smiles Challenge

Ready... Set...
BRUSH!

