My Bright Smile
I Know What To Do!

Written by:
Kelly W. Lynch

Illustrated by:
Rurik Tyler
My Bright Smile I Know What to Do is part of the Colgate Bright Smiles, Bright Futures® Storybook Series. Each year, the award-winning Colgate Bright Smiles, Bright Futures® global oral health education program reaches over 50 million children and their families in 30 languages and 80 countries throughout the world.

With its focus on prevention, the program teaches good oral health practices that help children’s smiles last a lifetime.
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Look! My **dentist** showed me the way
To keep my **smile** bright every day.
I brush after breakfast . . . and again before bed
Just like Dr. Rabbit said!
I brush my teeth to get rid of plaque.
I brush the teeth that are way in the back.

I also remember to brush my tongue
With a tickle tickle tickle – soon I am done.
I like to eat healthy **snacks** each day.
But I limit my **snacks** to keep plaque away.
I learned that fluoride toothpaste keeps teeth strong. Now my friends and I smile all day long!
It’s also important to **floss** every day. My parents help me **floss** the right way.
We’re fighting cavities and doing it right. We sure feel great . . . and our smiles are bright!

We’ve learned a lot, and so have you. Grab your toothbrush and toothpaste . . . You know what to do!