

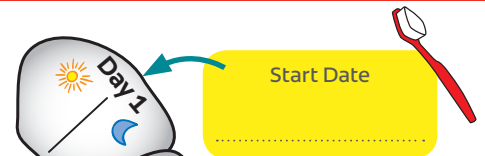


YOUR CHILD'S BRIGHT SMILE

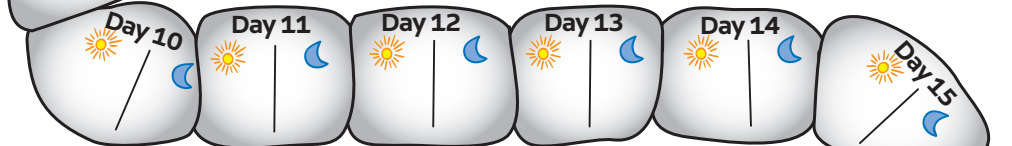
Know What's Important...
and Take Action Together!
Here's how...

Unlock your Bright Smiles 'Super Powers' and become oral health superheroes!

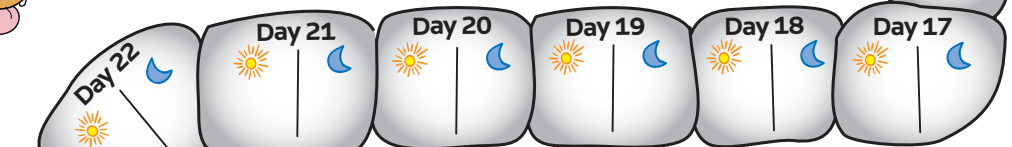
Tick (✓) when you brush morning and night for 28 days and help
make brushing a daily habit for life.



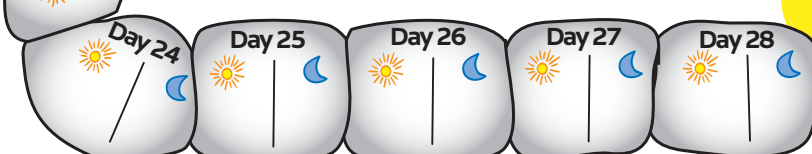
Brush as a family! Choose a different coloured crayon or coloured
pencil and have each person tick when they brush morning and night.
This will help your child learn that good oral health is for all the family.



You're half-way there.
You've brushed for two weeks. Well done.



Almost finished...
You have plenty to smile about.



Congratulations.
You are now a
Tooth Defender!



For all your oral health questions visit www.colgate.com.au



STEP 1

Brush at least twice a day with fluoride toothpaste, especially after eating breakfast and before bedtime.

Brushing gets rid of food and plaque – and fluoride keeps teeth strong and helps fight decay!

Show your child the proper way to brush



1.



2.



3.



4.



5.

1. Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.
2. Brush inside surface of each back tooth, using wiggling action in step 1.
3. Brush chewing surfaces way in the back.
4. Use tip of brush behind each front tooth, both top and bottom.
5. Don't forget to brush your tongue!

IT'S HOW OFTEN THAT COUNTS

5x
at 1 time



= 20 minutes
of possible
tooth decay

1x
at 5 different
times



= 100 minutes
of possible
tooth decay

STEP 2.

Limit the number of times you eat snacks each day.

Every time you eat or drink anything other than water, 'plaque' acid attacks your teeth. That's why you shouldn't eat snacks too many times during the day.



STEP 3.

Have a regular dental check-up.

Your dental professional is your partner in oral health. Between dental visits you need to help by taking care of your own teeth and gums every day!



Your child's dental appointment

During the dental check-up, the dental professional may:

- Clean and polish your child's teeth
- Check your child's teeth and gums
- Take X-rays
- Talk about proper oral care
- Apply dental sealants