



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

START HERE

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!

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

INVITE OTHER MEMBERS OF YOUR FAMILY TO BRUSH WITH YOU

*WELL DONE! YOU CAN NOW ENTER THE COLOURING COMPETITION WITH YOUR TWO WEEKS OF EXCELLENT TOOTHBRUSHING!



To enter the Colouring Competition, please visit www.colgatecolouring.co.uk for more information



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?



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

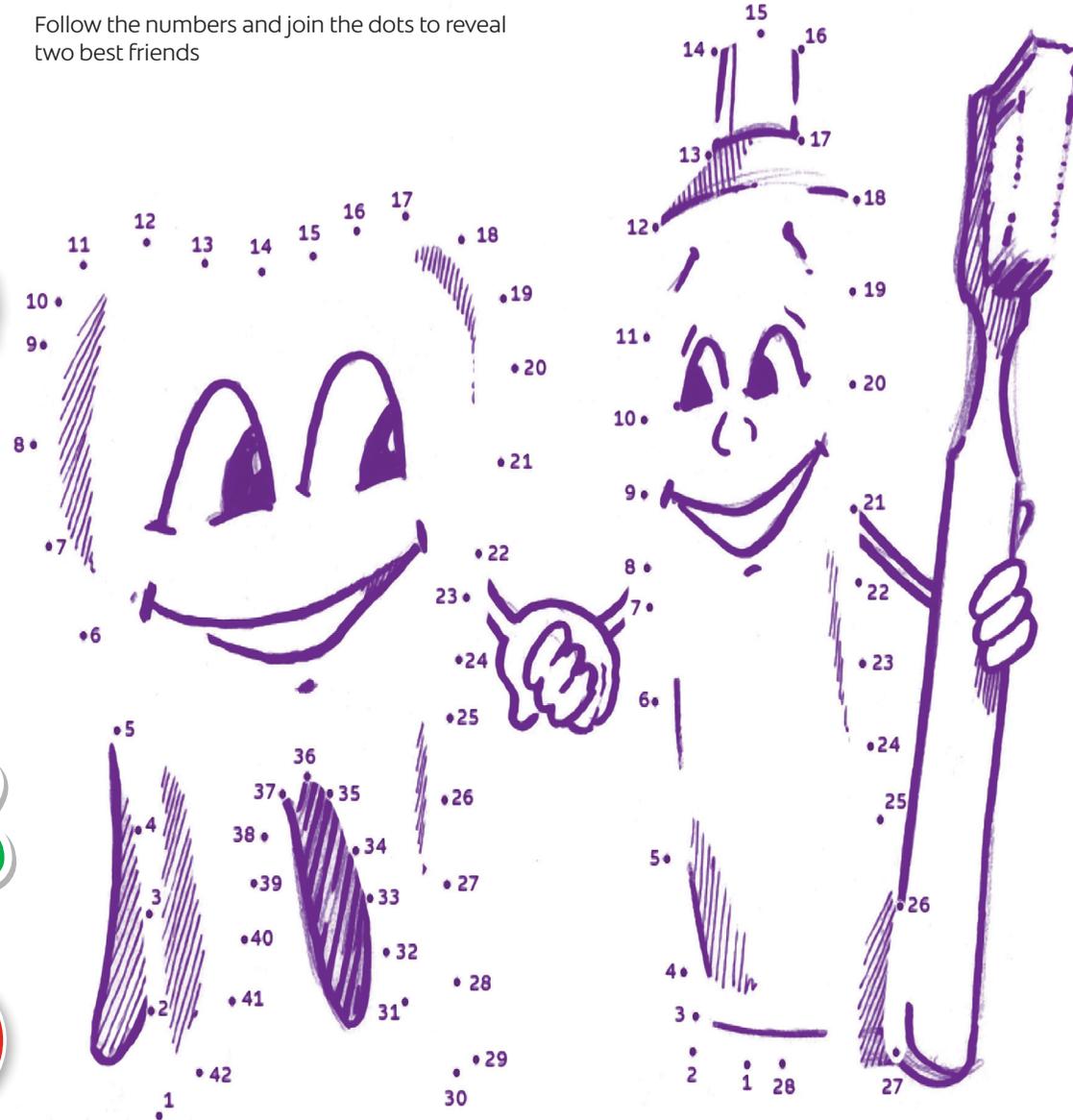


DID YOU KNOW?

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

Join the dots

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



* Results from The Colgate Cavity Report, 2014