



Dear Parents,

Your child is currently learning about oral health care in school. The most important way your child can protect his or her teeth and gums is by brushing his or her teeth **twice a day** with a trusted toothpaste like Colgate.

Brushing in the night is equally important as it cleans food particles and plaque that forms during the day. If left unchecked, this could result in tooth decay and gum disease.

By brushing twice a day with your child and practising good oral health care habits at home, you'll be helping to make sure that he or she has a bright, healthy smile that lasts a lifetime!

On the other side of this sheet, you'll find a personalised Toothbrushing Chart for your child. Paste it in a prominent place at home, where your child can check off every day as he or she brushes in the morning and at night.

Alongside are some helpful suggestions to follow as you brush.

5 GOLDEN RULES FOR A HEALTHY MOUTH



1. Brush twice a day to maintain healthy teeth.



2.a. Eat foods that have vitamins and minerals.



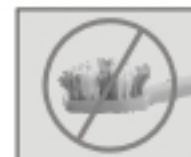
2.b. Try and avoid eating sweet or sticky foods between meals.



3. Use trusted dental aids like Colgate toothpaste & toothbrush.



4. Visit your dentist every 6 months.



5. Old toothbrush can cause harm to your teeth and gums. Dentist recommend changing your toothbrush every three months

5 GOLDEN RULES FOR BRUSHING YOUR TEETH Try demonstrating for your child as you brush together.



1. Place brush at angle along outer gumline. Wiggle gently back and forth. Repeat for each tooth.



2. Brush inside surface of each tooth, using wiggling technique in step 1.



3. Brush chewing surface of each tooth.



4. Use tip of brush to brush behind each front tooth, both top and bottom.



5. Don't forget to clean your tongue!