

# A Kid's Guide

# Guide

to tip-top teeth

**Colgate**

Oral Health Month



Brush your teeth  
twice a day.



Spit, don't rinse,  
after brushing.



Visit your  
dentist regularly.

Here's something  
to get your teeth into



[www.colgateohm.co.uk](http://www.colgateohm.co.uk)

### Smile Maze

Can you find the  
path which leads  
to a healthy smile?



**Colgate**