

# A Kid's Guide

# Guide

to tip-top teeth



1

Brush your teeth twice a day.



2

Spit, don't rinse, after brushing.



3

Visit your dentist regularly.

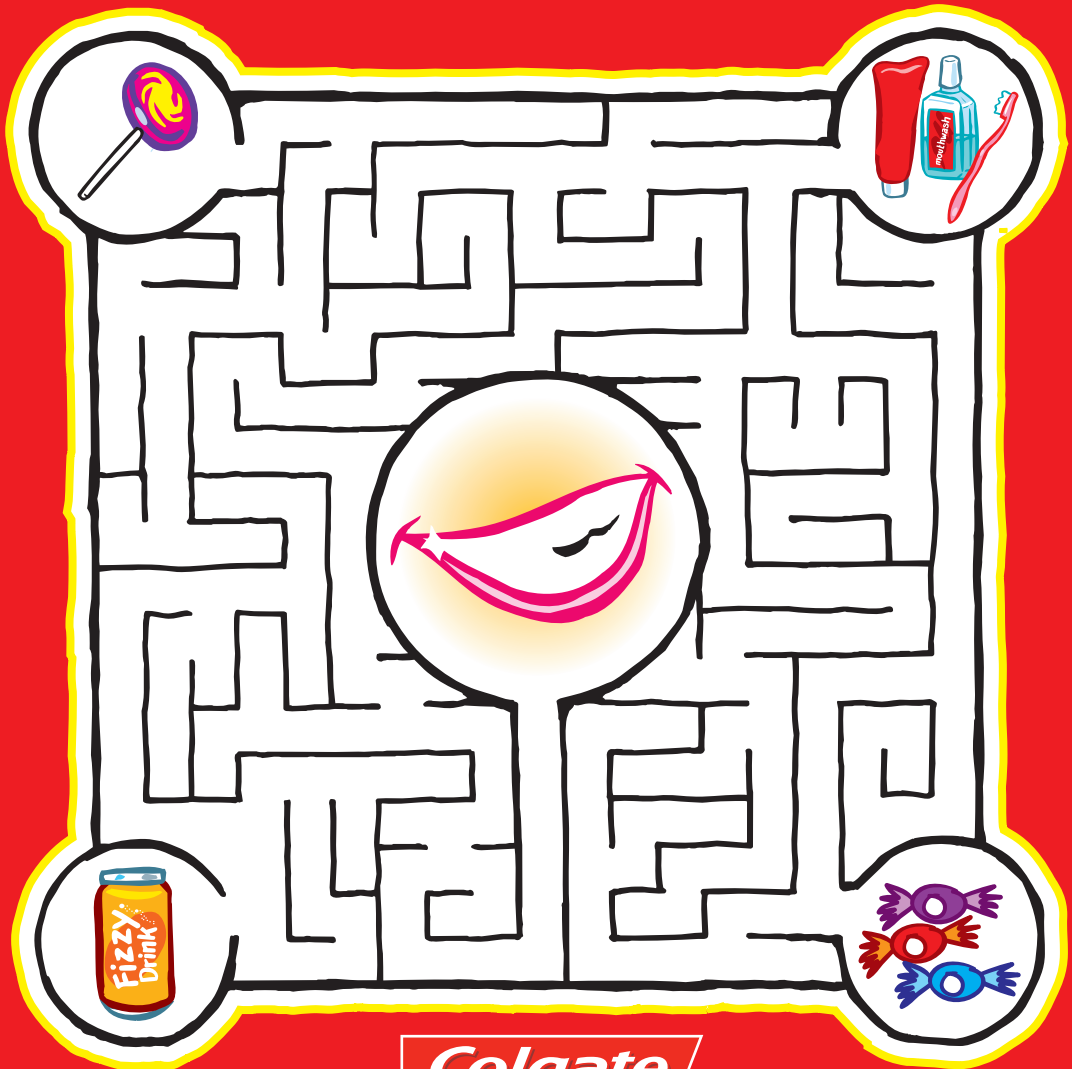
Here's something  
to get your teeth into



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

### Smile Maze

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



**Colgate**