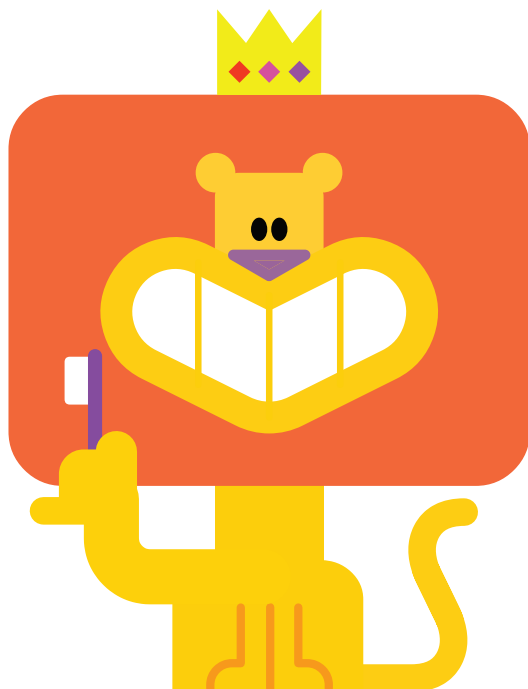
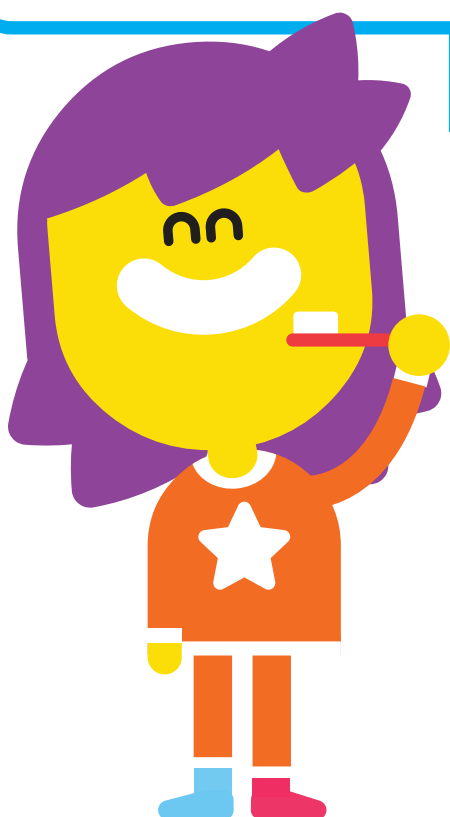


THE SIGNAL BRUSH DAY & NIGHT

TRAINING MANUAL

This Manual belongs to:



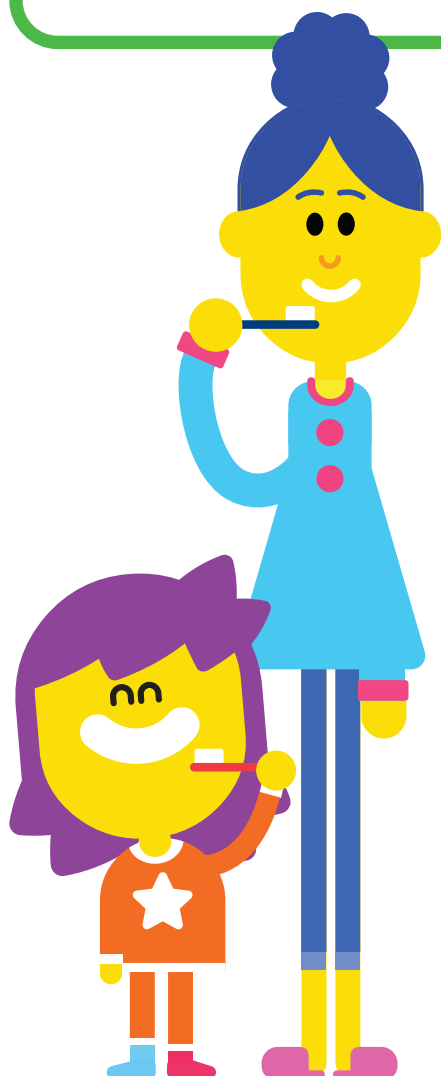
ATTENTION ALL KIDS!

Your teeth are under attack and need your help!

GermS live in your mouth. You can't see them.
You can't even taste them... but they're there!

You can easily get rid of germS if you brush
twice a day, both day and night.

When you **BRUSH, BOTH DAY AND NIGHT,**
GET YOUR PARENTS TO DO THE SAME and
each time you'll get a fun sticker to put on
to you Brush Night & Day Calendar.



STEP 1 (Who will it be?)

Which character do you like best?
Choose one on the next page.

STEP 2 (You can do it!)

Learn how to brush your teeth properly
and get your parents to brush their
teeth twice a day, both day & night!

STEP 3 (Super fun!)

Place the fun stickers on your Brush
Night & Day Calendar each time you
and your parents brush day & night.

STEP 4 (Don't forget!)

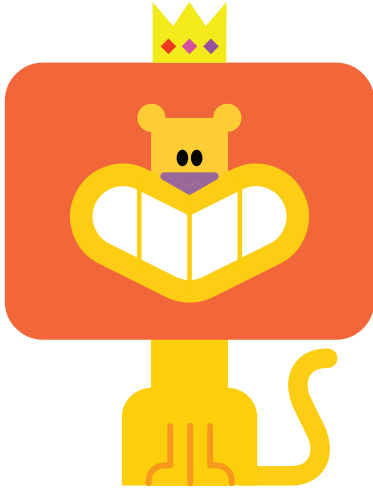
Take your Brush Night & Day Calendar
to your teacher every week, to show
them how well you have done!

STEP 5 (Super Dentist!)

Your Teacher will choose the student
who has the most stickers on its Brush
Day & Night Calendar, and they will get
a Super Cape just like the **Super Dentist!**

WHICH CHARACTER DO YOU LIKE BEST?

Tick your favourite!



King Leo III ☐

The Lion from the Serengeti who is noble, elegant and as King of the Jungle, strives for perfection and the perfect brush both day & night!



The Capybara Twins ☐

The Beavers from Bolivia, who work as a team to make sure their teeth are brushed both day & night.

So work as a team with your Mum & Dad and make sure you all brush your teeth both day & night!



Terry Tapir ☐

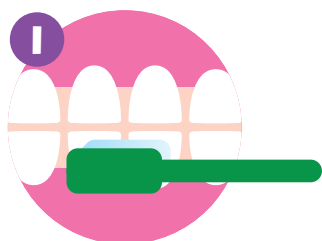
The Applemann from Brazil, who likes you to dance whilst brushing your teeth both day & night!



Super-Dentist ☐

And finally the Mouse from Indonesia with his Super Cape flying across the country to make sure you brush your teeth both day & night!

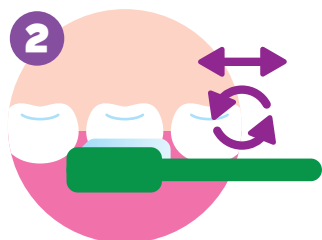
BRUSH DAY & NIGHT WITH YOUR PARENTS... ...HERE'S HOW!



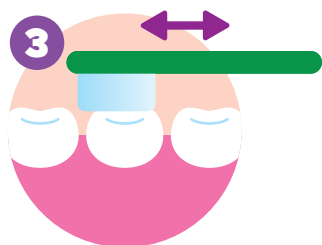
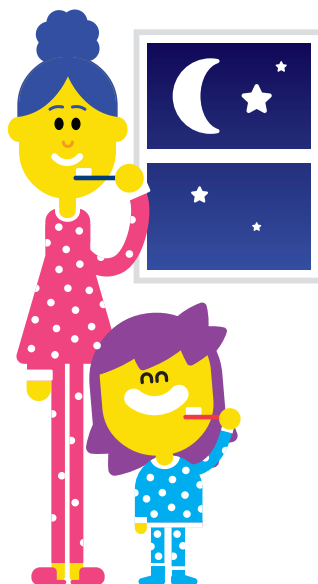
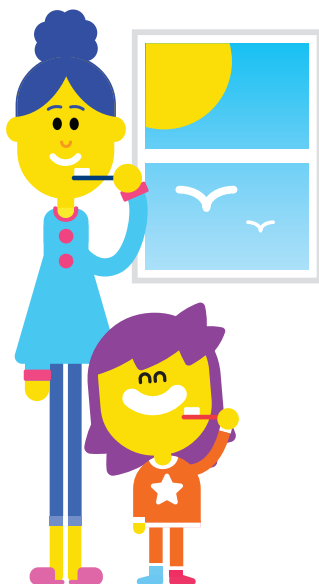
With Signal toothpaste brush your teeth so that the bristles contact both your teeth and gum line.

Save the day!
Fight decay!

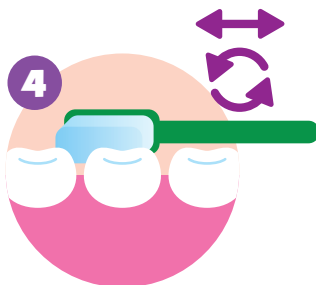
Seize the night!
Make those
pearlies white!



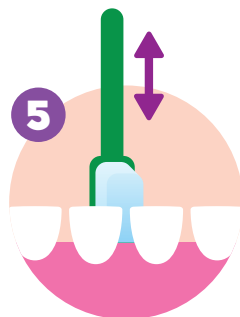
Gently brush the outer tooth surfaces using a vibrating back and forth rolling motion.



Brush against the biting surfaces of the teeth using a gentle back and forth scrubbing motion.



Gently brush the inner tooth surfaces using a vibrating back and forth rolling motion.



Using the toothbrush vertically make several up and down strokes.



Improving oral health by encouraging you and your family to brush twice a day with a fluoride toothpaste



THE SIGNAL BRUSH DAY & NIGHT PLEDGE!

I pledge to brush day!
I pledge to brush night!
I pledge to get my parents
to brush day and night!

MEMORISE IT!
SAY IT!
DO IT!



Improving oral health by encouraging you and your family to brush twice a day with a fluoride toothpaste



TEST YOUR SUPER-DENTIST KNOWLEDGE!

Tick the right answer for each question.

Germs are...

- ☐ (A) My best friends.
- ☐ (B) Invisible and dangerous.
- ☐ (C) Fun to eat with butter and jam.

1

When reciting the Signal Day & Night Pledge, I raise...

- ☐ (A) Two fingers.
- ☐ (B) Fourteen fingers.
- ☐ (C) My nose.

2

As part of clean our teeth, we brush...

- ☐ (A) With our finger.
- ☐ (B) Without toothpaste.
- ☐ (C) With up and down brush strokes.

3

When my parents and I brush with Signal toothpaste, our breath smells...

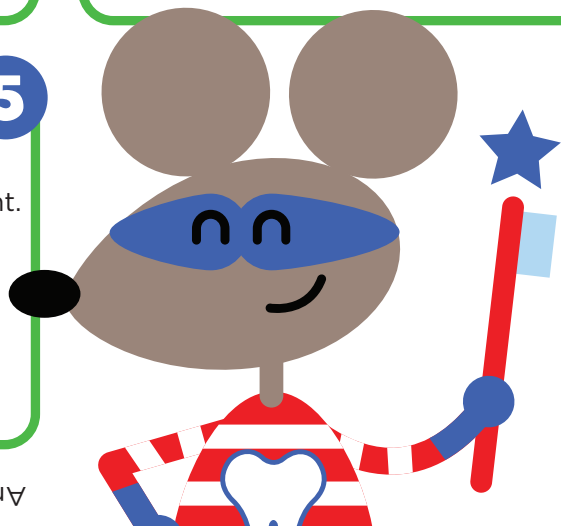
- ☐ (A) Like stinky cheese.
- ☐ (B) Like my dirty socks.
- ☐ (C) Clean and fresh.

4

We brush our teeth with Signal toothpaste...

- ☐ (A) Twice a day, day and night.
- ☐ (B) Once every 100 years, whether we need it or not.
- ☐ (C) On the second Tuesday of every week.

5



Answers: #1 B, #2 A, #3 C, #4 C, #5 A



Improving oral health by encouraging you and your family to brush twice a day with a fluoride toothpaste



CONGRATULATIONS YOU HAVE PASSED THE TEST!

Well done! You are now a member
of the Little Brush Big Brush Team!

So now, leap into action!
Brush your teeth with Signal
Toothpaste and get your
parents to brush their teeth.
Brush twice a day, both
day and night!

Search '**Signal**' on Facebook
for more information.



Improving oral health by encouraging you and your
family to brush twice a day with a fluoride toothpaste





**THE SIGNAL
BRUSH DAY
& NIGHT**
TRAINING MANUAL