

And make sure to that you regularly visit the dentist every 6 months for a check up along with your kids.



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



# A MESSAGE FROM LITTLE BRUSH BIG BRUSH

Especially for  
Mum and Dad!

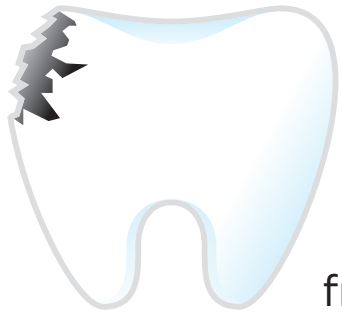
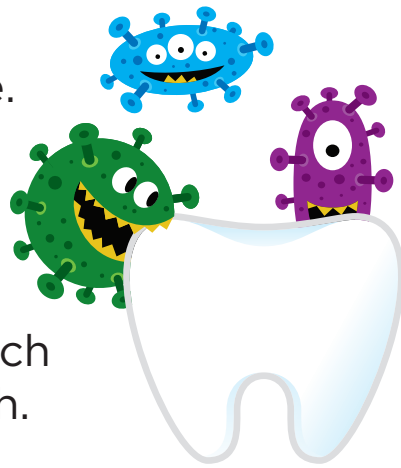
We use our teeth in so many ways we need to take good care of them. All of us have teeth to rip, bite, and chew food. When our teeth are healthy, they are very strong.



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Our mouth is a busy place. There are many germs in our mouths. Germs are so small that you cannot see them. But they cause infection and cavities, which are tiny holes in your teeth.



Cavities can be very painful, so painful that it is difficult to go through our daily activities. Kids cannot go to school or have fun with their friends when they are in pain.

Sticky and sweet foods like candy, lollipops and chocolate can cause cavities. It is cool to have these foods sparingly. But we should remember that yucky germs stick to our teeth. They use the sugar from sweets to grow and cause cavities.



There are things we do everyday to keep our bodies healthy but we also need to keep our teeth super-healthy and super-strong!



Brushing your teeth with fluoride toothpaste like Signal and a soft-bristled toothbrush kills germs, prevents cavities, and makes your teeth super-strong!

Make sure to brush your teeth twice a day, in the morning and last thing before going to bed, with Signal toothpaste. Help your kids to do the same for super-healthy teeth.

