

ACTIVITY BOOK

Brush your teeth twice a day, every day with Glister™ kids toothpaste and toothbrushes to keep your teeth clean, freshen your breath, and help fight cavities.

Glister™ kids toothpaste was made just for you! Colorful toothbrushes (my paw prints are on the toothbrush!) and yummy fresh strawberry flavored toothpaste make brushing fun.



Remember, a clean and healthy mouth feels nice, looks great and gives you fresh breath with a sparkling smile, just like me, Patches!

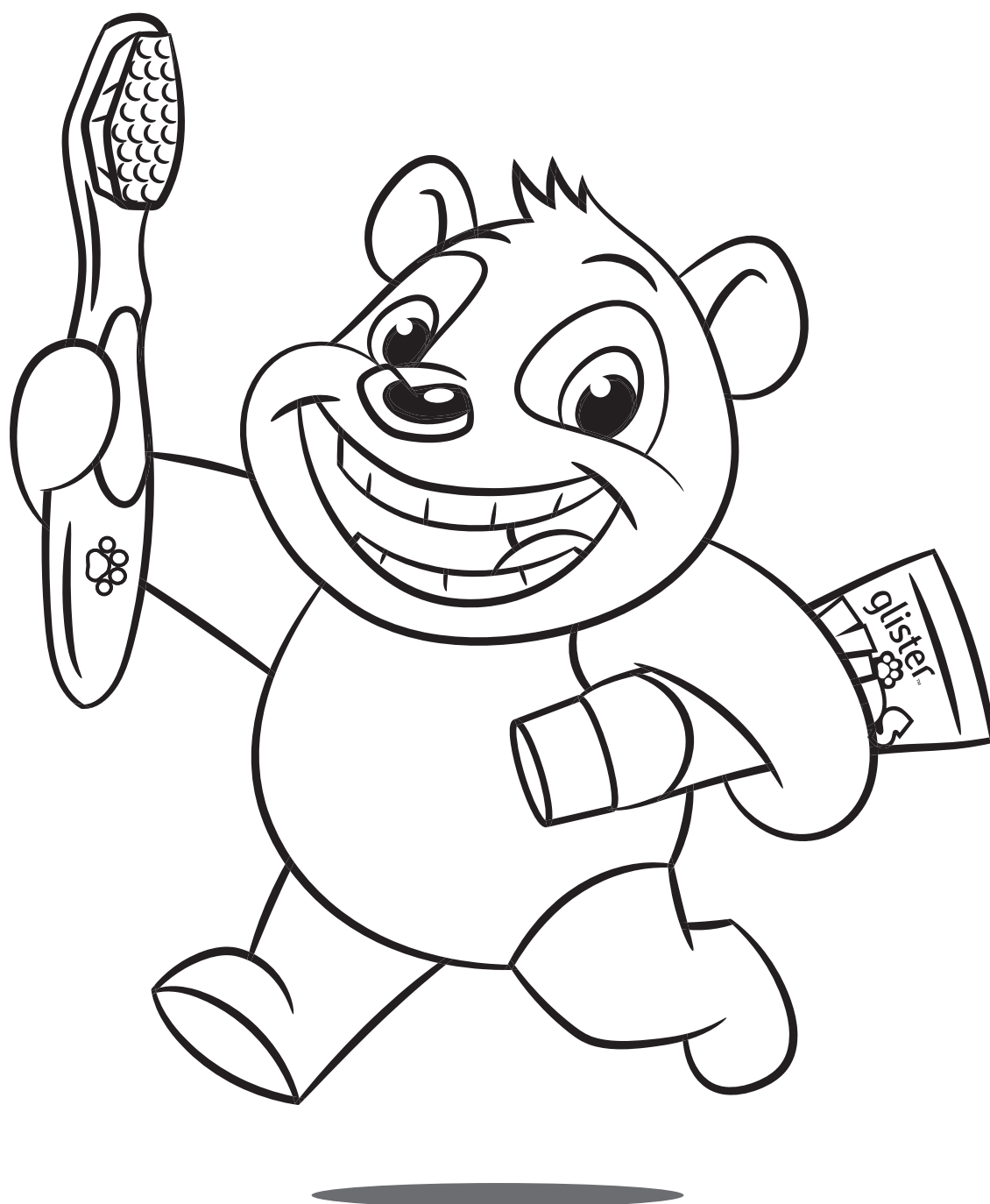


Here's A Tip From Patches

Change your toothbrush
every three months!

**Now I'll Show You How To
Properly Brush Your Teeth**

Get your Glister™ kids
Toothpaste and Toothbrush.





Use a pea-sized drop of toothpaste, just enough to cover the colored bristles on your Glister™ kids toothbrush.



Gently move your brush back and forth
in small circles over every tooth.



Brush the
outside surface



Brush the
inside surface



Brush the
back teeth



Brush your
tounge



Remember to brush for 2 full minutes!

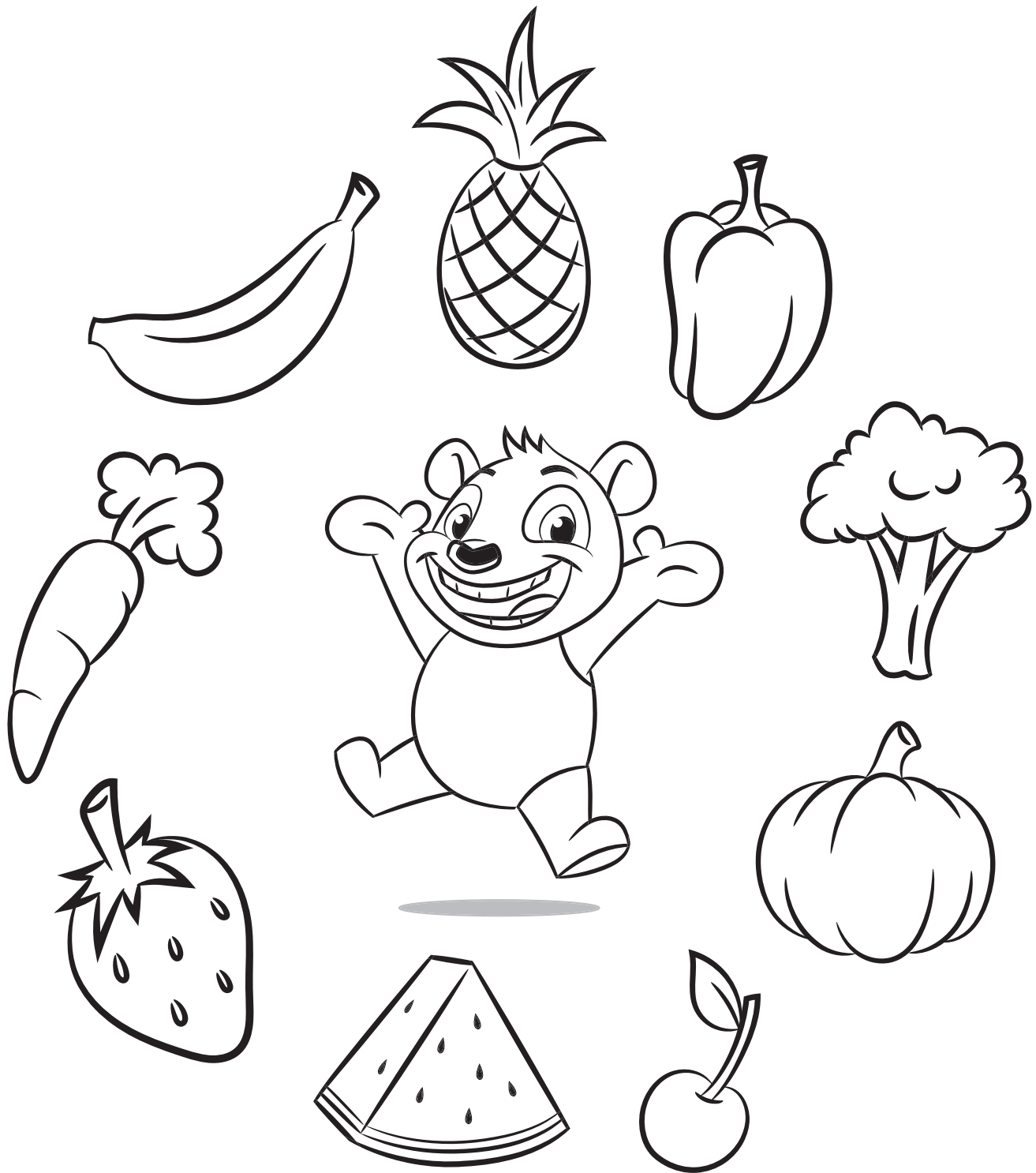
Tip - Download Patches' Brushing Song
as your 2-minute timer. When the song
is done, so are you!



Rinse Your Mouth Well After Brushing.

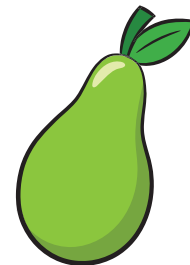
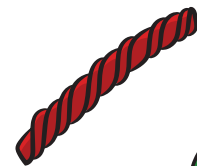
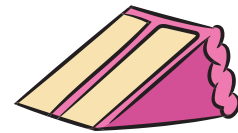
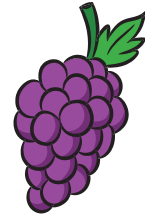
Remember, never swallow toothpaste or water when rinsing. Always brush twice a day, every day!





Healthy Foods Make A Healthy Smile.

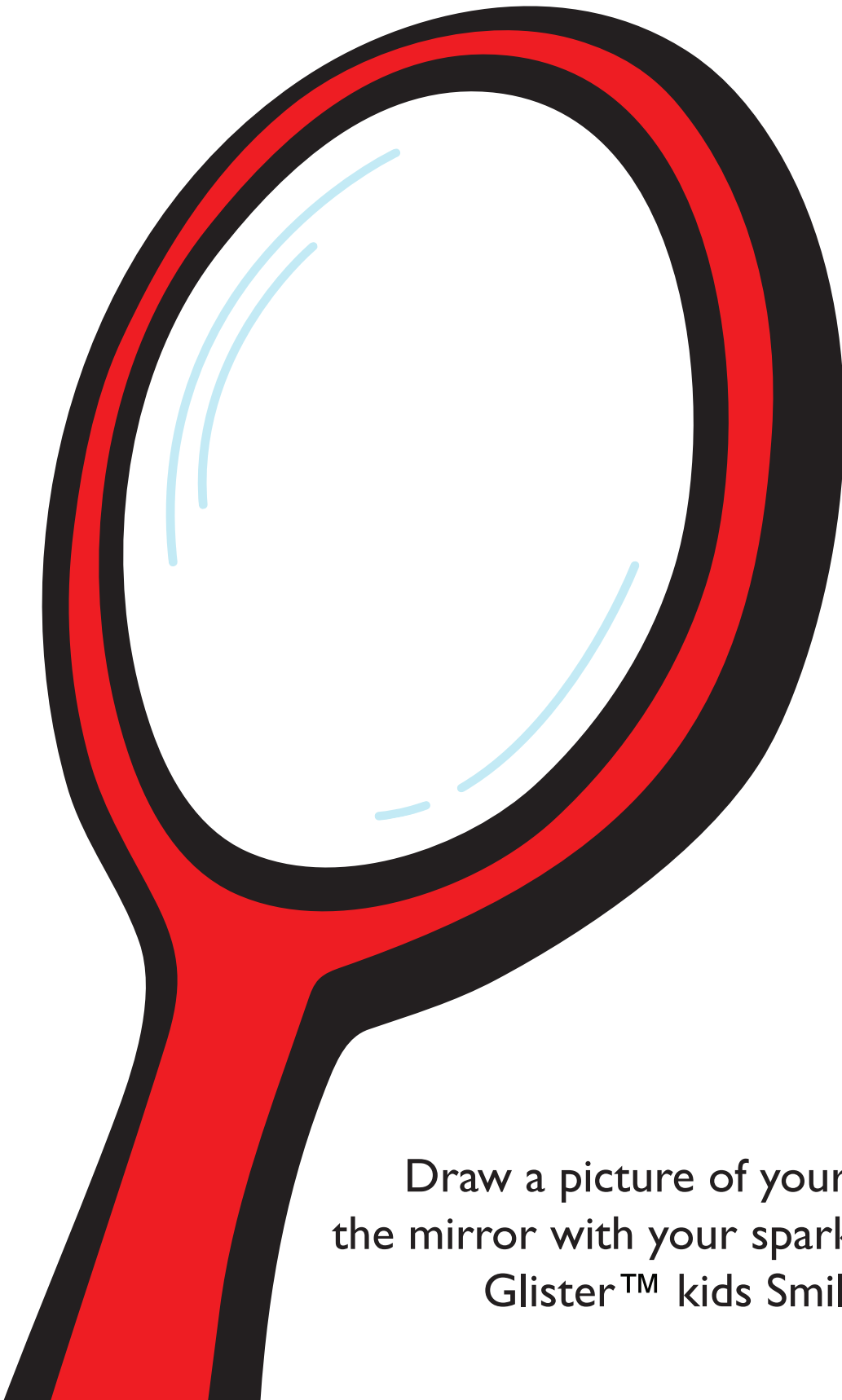
Color Patches and all the fruits and vegetables
that are good for you and your teeth.



Healthy Habits Build Healthy Teeth.

Draw lines from items that will help keep your teeth healthy to the Happy Tooth. Then connect the items that could hurt your teeth to the Sad Tooth.

Healthy Habits Build Healthy Teeth.



Draw a picture of yourself in
the mirror with your sparkling clean
Glister™ kids Smile!

Now You're A Glister™ Kid!



glister™ **KIDS**