



# Adventures in the Molar System

## A Guide to Bright Smiles, Bright Futures™ for dental professionals and students

For decades, Colgate-Palmolive has been committed to providing oral health education to children around the world, through Colgate® Bright Smiles, Bright Futures™ (BSBF). BSBF gives you **practical tools for reaching out to your community** and taking a **leadership role**.

BSBF offers you materials for educating young patients in the **dental clinic, in the classroom, in the community**, as well as advice for parents and carers, thus increasing your overall impact as a positive role model for children, parents, carers and other professionals.

Welcome, Dr Rabbit and Brushwell reporting for duty!  
Let's inspire children on their mission to learn how to make their smiles last a lifetime while expanding your community visibility and engagement.

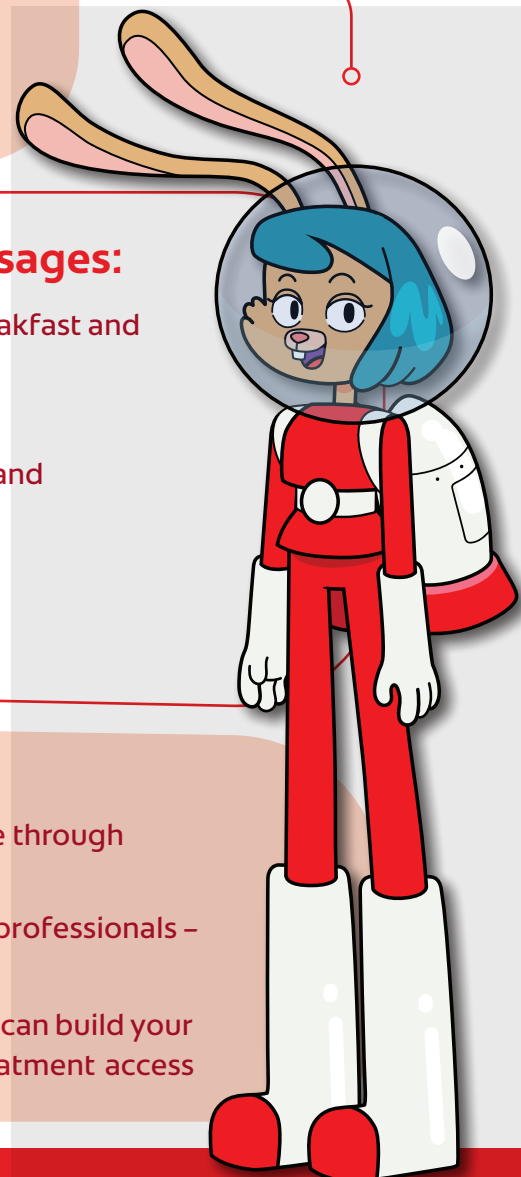
### BSBF emphasises these 5 key oral health messages:

- Brush your teeth twice a day with fluoride toothpaste; after breakfast and before bedtime
- Limit sugary snacks and drinks to reduce your risk for cavities
- Visit your dental professional regularly to help keep your teeth and gums healthy
- Floss once a day to remove plaque in between teeth
- Change your toothbrush every 3 months

### Benefits of getting involved:

Become a prevention practice and see the impact that you can have through engaging with your local community.

- Be a positive role model for children, parents, carers and other professionals – and make going to the dentist a positive experience
- Engaging with your local community outside the dental setting, can build your patient base- creating a referral pathway for prevention and treatment access





## What materials can BSBF offer for your events or lessons?

To help you engage children on their lifelong journey in the Molar System, the following materials are available to you at [www.colgatebsbf.com.au](http://www.colgatebsbf.com.au) or in a kit format:

- Tips on how to run a community or school event
- Customisable engagement letter to assist in reaching out to schools and community groups
- Access to classroom or community oral health education lesson ideas
- Snap props, infographics, social tiles for digital engagement
- Short video story- Adventures in the Molar System
- Posters, stickers and parent/caregiver take-home brochures (in the kit)

## Using BSBF in the Dental Clinic

The program is designed to be flexible. Create an engaging space in your clinic utilising the BSBF materials.

Here are some suggestions for your waiting room:

- Display the BSBF **poster** to show your patients that you and your team are supporters of BSBF
- Have the BSBF **colouring sheets** and **Bright Smiles Heroes Journey Maze** available for children whilst they wait
- Play the **Adventures in the Molar System video** on waiting room monitor
- Get creative and set up your own space-themed area, where children can be transported into the Molar System as they prepare to embark on their oral care mission!

## Concluding the Visit

- Reward children with a **certificate of achievement and/or stickers**
- Give a family **take home brochure** with brushing chart to reinforce good behaviour and emphasise a bedtime routine that includes brushing the child's teeth with fluoride toothpaste

**Thank you for helping children's smiles last a lifetime.**

