

Brush your
teeth

with Tubs!





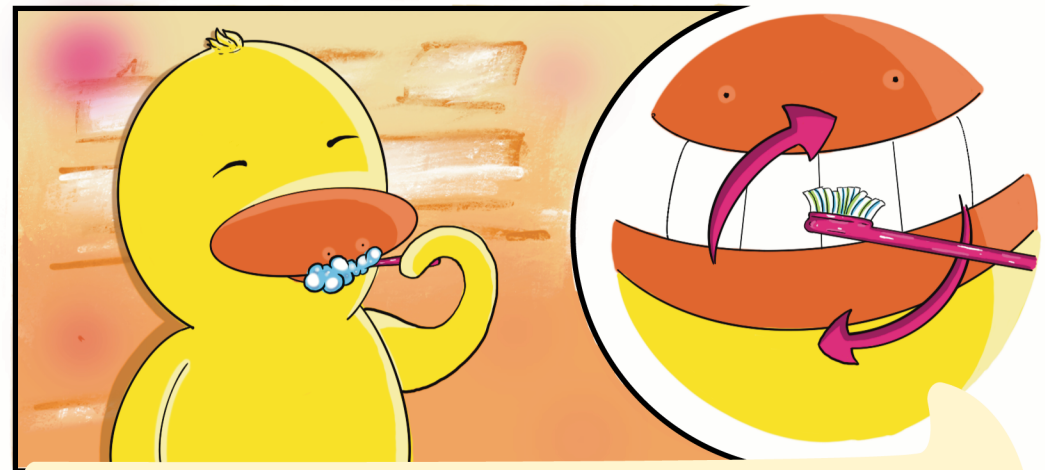
Welcome to Tub's Toons!

Join Tubs the Bathshack duck on his day-to-day adventures in our new comic series, Tubs' Toons.

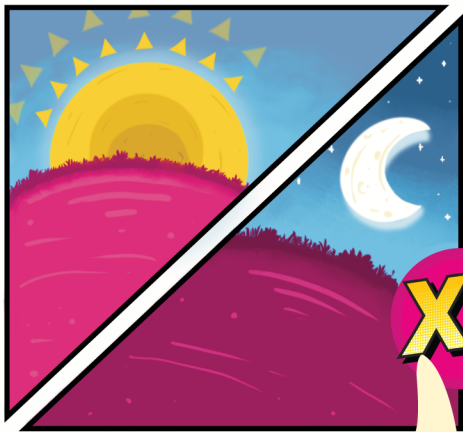
Let's quack on and see what he's up to for World Oral Health Day!



Tubs likes to have fun and when he's happy, he loves showing off his dazzling smile. The question is – just how does he keep his teeth looking so good ...?

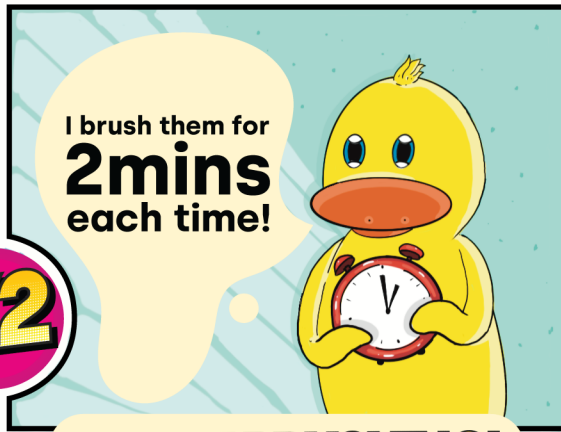


He takes his toothbrush and starts brushing his back teeth first. He brushes around his teeth in small circles – on the top and around the sides.



Tubs brushes his teeth twice a day – after he gets up in the morning and before he goes to bed at night.

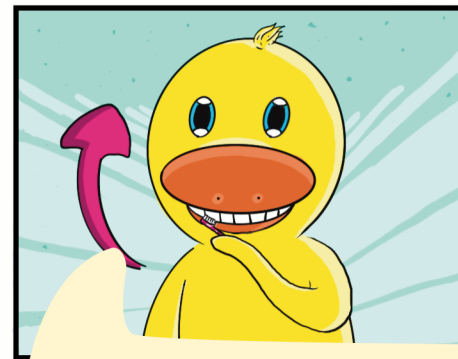
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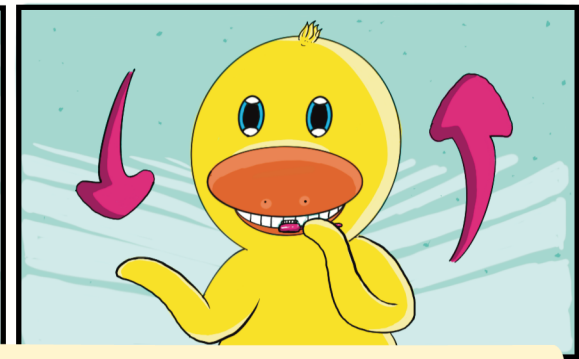
START BRUSHING!



Tubs puts a small amount of toothpaste onto his toothbrush – about the size of a pea.



After brushing around his back teeth, Tubs starts brushing the teeth at the side of his mouth, brushing in tiny circles on all sides. He then brushes his bottom teeth, followed by his top teeth, front and back.



A final spit-out and ... that's it! Teeth brushed.

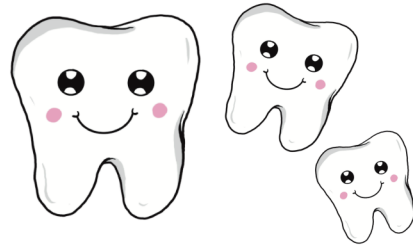
ALL DONE!

Why do you need to brush your teeth?

To keep them nice and clean.

To stop them from going black and brown – and to prevent holes in your teeth!

To keep them looking their best and ... to avoid lots of trips to the dentist!

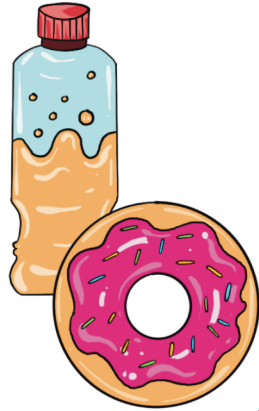


How can you look after your teeth?

Don't eat too many sugary foods, like sweets and biscuits – or sugary, fizzy drinks.

If you do eat sugary foods and have fizzy drinks, enjoy them with your meals instead of during the day as snacks – and don't have them too often.

Eat healthier foods which don't have sugar in them for snacks – for example, raw veggies (carrot sticks!), cheese, apples, whole wheat bread or low-sugar yoghurt.



Tubs' tips

Don't forget to rinse your mouth and spit out, in-between!



You can give your tongue a quick brush at the end, too!



DRAW! What do you think Tubs' bathroom looks like?



Colour me in!

For a chance to win our competition prize. See competition details at the back of the book.



Things to include:

- Toilet
- Bath
- Sink
- Window

  Tubs' favourite colours!

Tag us @
bathshack

For more information on oral health visit:

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>

<https://www.colgate.com/en-us/oral-health/brushing-and-flossing/teaching-your-children-how-to-brush-and-floss#>

<https://learnenglishkids.britishcouncil.org/listen-watch/how-videos/how-brush-your-teeth>

Contact Bathshack:

Email: info@bathshack.com

Tel: (028) 9077 0188

Please note that Bathshack is not an oral health provider and has provided the information in this booklet based on research from the above websites and as guidance only.

Please always follow the advice of your family dentist when it comes to your child's oral healthcare.

Competition details

Enter for a chance to win a bundle, which includes one Bathshack bookmark, one Cadbury Creme Easter egg and one £20 book voucher.

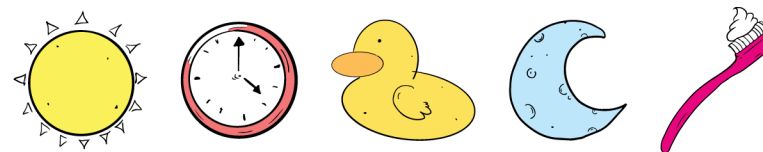
How to enter:

Download a free PDF version of the Tubs' Toons booklet on our Bathshack blog

Colour in the allocated page in the Tubs' Toons booklet.

Email a photograph of the completed colouring-in sheet to: marketing@bathshack.com along with the full name, age and country of the person who has entered. (Please note: The competition is for children aged 3-6, 7-9 and 10-12 years old only).

Good luck!



Ts & Cs

Competition is open to residents in the UK and Ireland only and is free to enter. Competition is for children only, with the age categories as follows: 3-6 years, 7-9 years and 10-12 years. Competition closes on March 31, 2024. Winner will be announced on the Bathshack Facebook page on Monday, April 1 and then contacted by email. There will be three winners of one prize bundle each, to include one Bathshack Bookmark, one Cadbury Crème Easter Egg and one £20 book voucher. Prizes are as stated and cannot be exchanged for anything else. Entrants (and their parents/guardians) must be happy to share a photo of their work with Bathshack, with the competition winners also consenting to sending a photo of themselves with their winning colouring-in page to Bathshack, for the purposes of being shared publicly across the Bathshack social media channels.

Who is Tubs?

Tubs the duck is the official Bathshack mascot! He likes to visit our different showrooms – and you'll also spot him out and about in local shopping centres throughout the year, as well as at local schools and special events.

If you'd like him to come and visit your school, just let us know!

Who is Bathshack?

Bathshack is a multi-award-winning family company in Northern Ireland which supplies a wide range of quality bathroom products. We have showrooms located in Belfast (Boucher and Duncrue), Lisburn, Antrim, Ballymena, Coleraine, Dublin and Cork.

Visit us online at bathshack.com.