

February is National Children's Dental Health Month. Visit ADA.org/NCDHM for more activity sheets.

**HEALTHY SMILE TIPS** 





TEETH DAILY.



EAT HEALTHY FOODS AND LIMIT SUGARY BEVERAGES.



SEE YOUR DENTIST AT LEAST

TWICE A YEAR.

**ADA** American Dental Association<sup>®</sup>

**BRUSH YOUR TEETH 2X/DAY CLEAN BETWEEN YOUR** WITH FLUORIDE TOOTHPASTE.