February is National Children’s Dental Health Month. Visit [ADA.org/NCDHM](https://ADA.org/NCDHM) for more activity sheets.

### HEALTHY SMILE TIPS

- **BRUSH YOUR TEETH 2X/DAY WITH FLUORIDE TOOTHPASTE.**
- **CLEAN BETWEEN YOUR TEETH DAILY.**
- **EAT HEALTHY FOODS AND LIMIT SUGARY BEVERAGES.**
- **SEE YOUR DENTIST AT LEAST TWICE A YEAR.**