



BRUSH FLOSS SMILE

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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.

ADA American
Dental
Association®