February is National Children’s Dental Health Month. Visit 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.

- BACTERIA
- BRUSH
- CAVITY
- DENTIST
- FLOSS
- FRUIT
- SMILE
- TEETH
- TOOTHBRUSH
- TOOTHPASTE
- WATER
- VEGETABLE

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