

Brush for two minutes, twice a day for happy and healthy teeth!



	Week 1	Week 2	Week 3	Week 4	Week 5
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

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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®