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.**