### 's Brushing Calendar

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**SMILE TIPS**

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

February is National Children's Dental Health Month. Visit ADA.org/NCDHM2022 for activity sheets.
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HEALTHY SMILE TIPS

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CROSSWORD

Across
2. The tiny germs that can cause decay are called
4. A special dental plastic that can coats your tooth to prevent decay
5. Cleans between teeth
6. Fluid in your mouth that covers your teeth and helps break down food
7. You should visit the ________ twice a year to keep your mouth healthy
9. What you put on your toothbrush to help keep your teeth healthy
10. Type of tooth for chewing at the back of your mouth

Down
1. The most common dental disease among young people
3. Water with ____ can prevent tooth decay
8. The hard outer covering of a tooth

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Draw the other half of the brave tooth with their sealant shield!

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