Healthy Habits for Healthy Smiles!

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.

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Clean between your teeth daily.
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