### HEALTHY 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.

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**February is National Children’s Dental Health Month. Visit ADA.org/NCDHM2021 for activity sheets.**
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CROSSWORD PUZZLE

ACROSS

2. Used to clean inbetween your teeth
3. A hole in your tooth is a _____
4. _____ is another word for germs
5. Who you visit to make your teeth healthy
7. Your first set of teeth are _____ teeth
8. Helps protect your teeth from cavities

DOWN

1. What you put on your toothbrush in order to clean your teeth
6. The hard outer layer of your teeth
9. What a dentist uses to inspect teeth
10. _____ helps to break down food while washing your teeth and gums

WORD BANK

Bacteria  Dentist
Saliva  Baby
Fluoride  Cavity
Toothpaste  Enamel
Floss  X-Ray

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