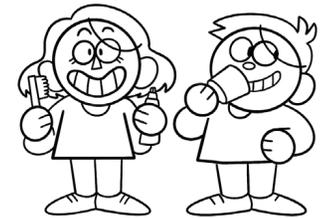




**Brush twice a day with fluoride toothpaste  
and clean between teeth daily!**



Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

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**February is National Children's Dental Health Month. Visit [ADA.org/NCDHM2021](https://ada.org/NCDHM2021) for activity sheets.**

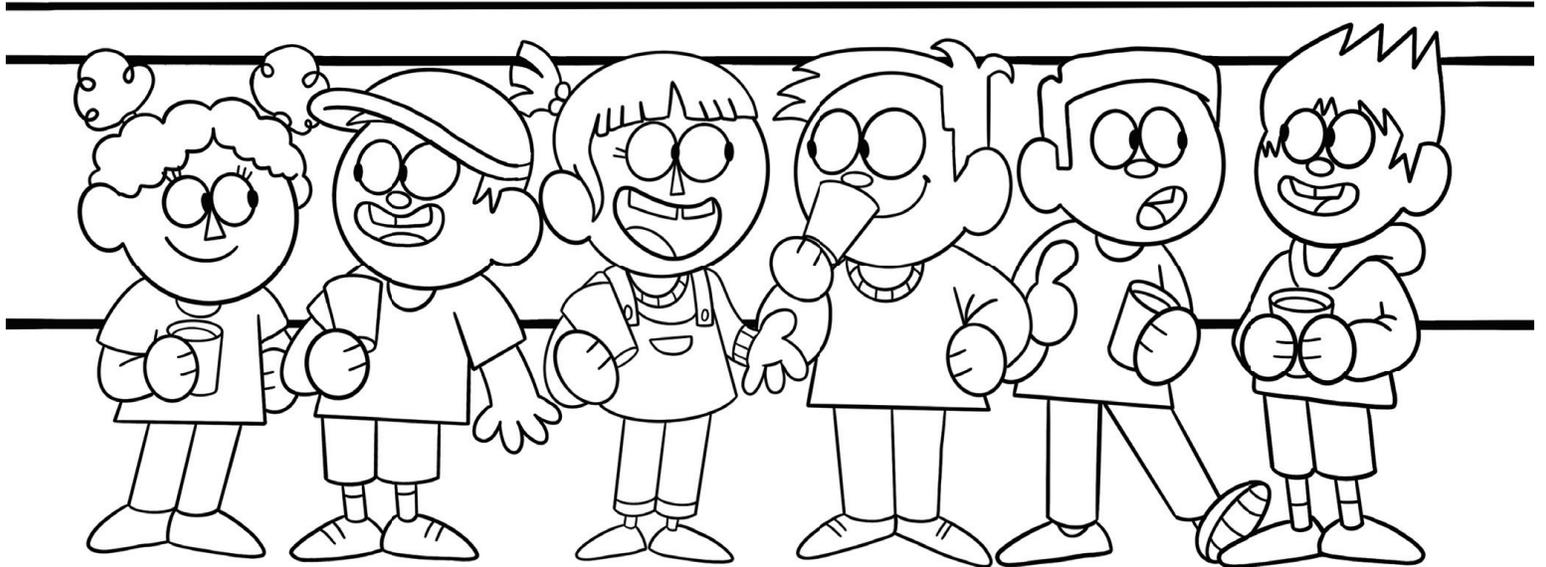
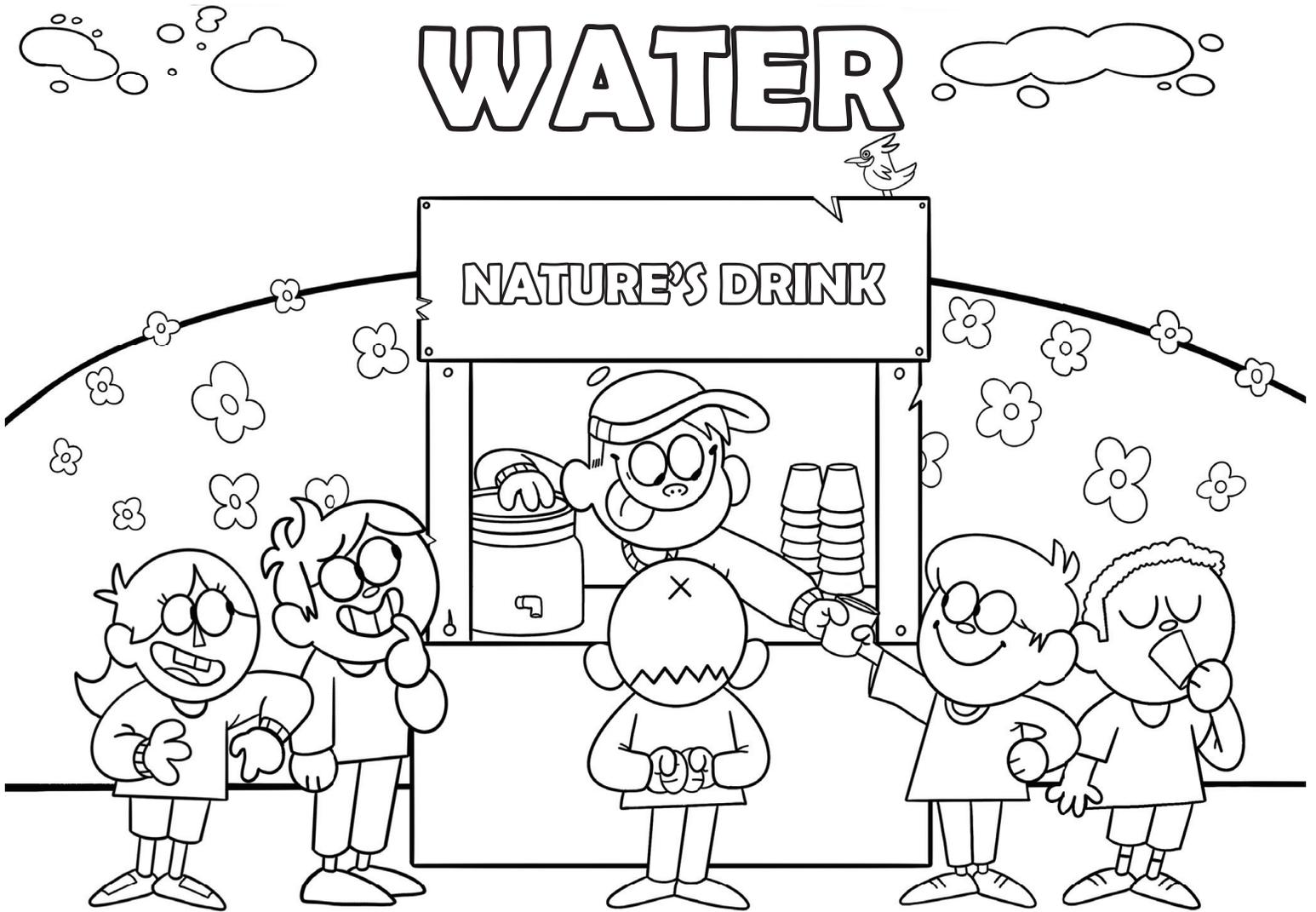
**HEALTHY  
SMILE TIPS**

- 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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# WATER



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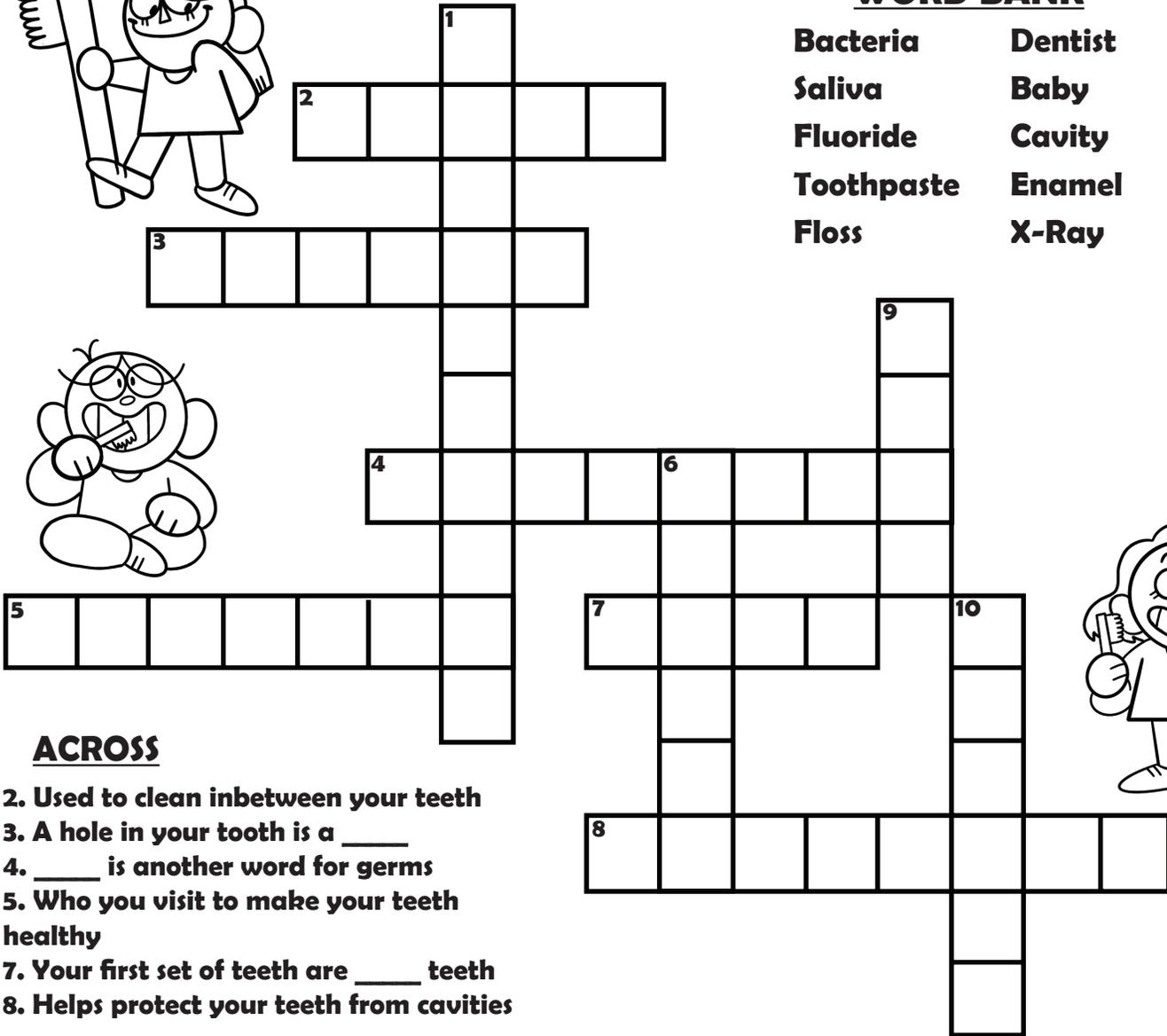
**ADA** American  
Dental  
Association®

# CROSSWORD PUZZLE



## WORD BANK

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



### ACROSS

- Used to clean inbetween your teeth
- A hole in your tooth is a \_\_\_\_
- \_\_\_\_ is another word for germs
- Who you visit to make your teeth healthy
- Your first set of teeth are \_\_\_\_ teeth
- Helps protect your teeth from cavities

### DOWN

- What you put on your toothbrush in order to clean your teeth
- The hard outer layer of your teeth
- What a dentist uses to inspect teeth
- \_\_\_\_ helps to break down food while washing your teeth and gums

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#### HEALTHY SMILE TIPS

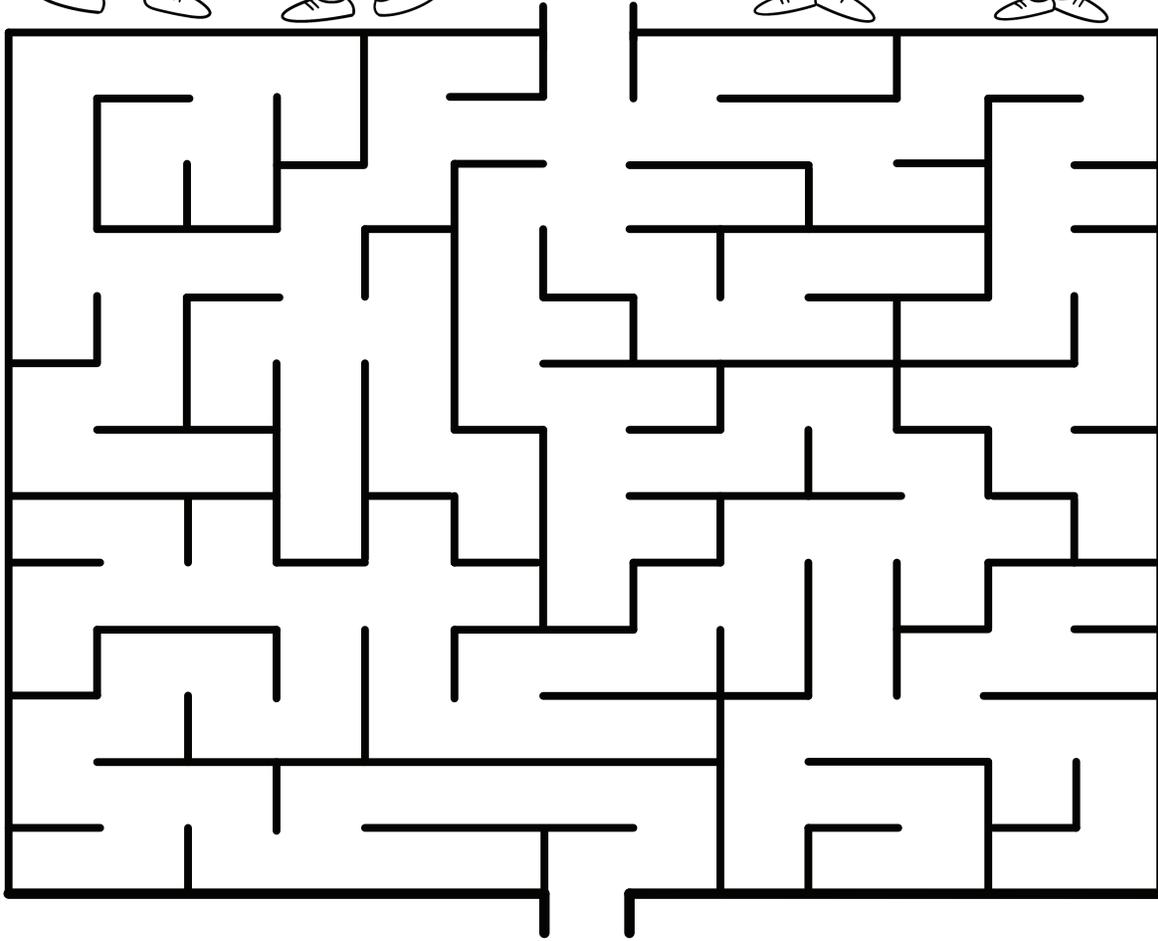
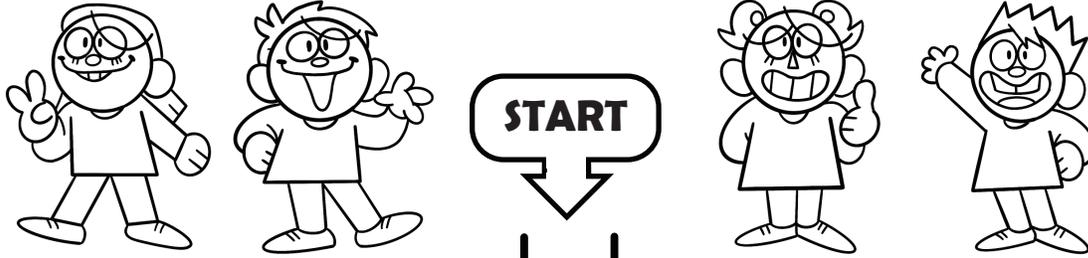
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# Help the kids through the maze so they can reach the water stand!



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