

# SEALANTS MAKE SENSE.



© 2021 AMERICAN DENTAL ASSOCIATION ALL RIGHTS RESERVED.

February is National Children's Dental Health Month. Visit [ADA.org/NCDHM2022](https://ada.org/NCDHM2022) 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.

**ADA** American  
Dental  
Association®