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

February is National Children's Dental Health Month. Visit 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.