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

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.

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