**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.

**CROSSWORD PUZZLE**

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

**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

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