

Brush twice a day to help protect your teeth from cavities!



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

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

HEALTHY SMILE TIPS



BRUSH YOUR TEETH 2X/DAY WITH FLUORIDE TOOTHPASTE.



CLEAN BETWEEN YOUR TEETH DAILY.



EAT HEALTHY FOODS AND LIMIT SUGARY BEVERAGES.



SEE YOUR DENTIST AT LEAST TWICE A YEAR.

ADA American Dental Association®