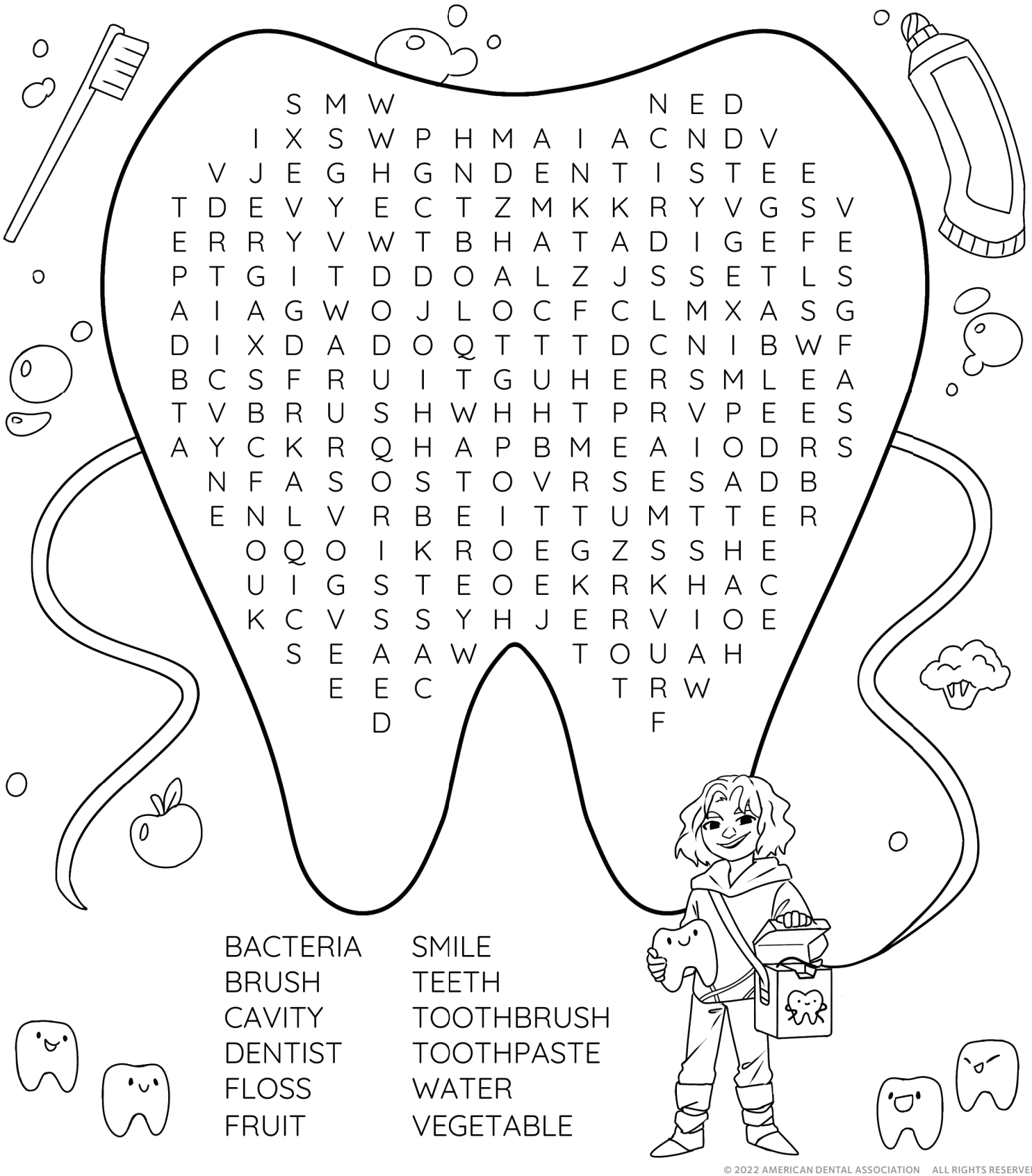

BACTERIA
BRUSH
CAVITY
DENTIST
FLOSS
FRUIT
SMILE
TEETH
TOOTHBRUSH
TOOTHPASTE
WATER
VEGETABLE

© 2022 AMERICAN DENTAL ASSOCIATION ALL RIGHTS RESERVED.

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