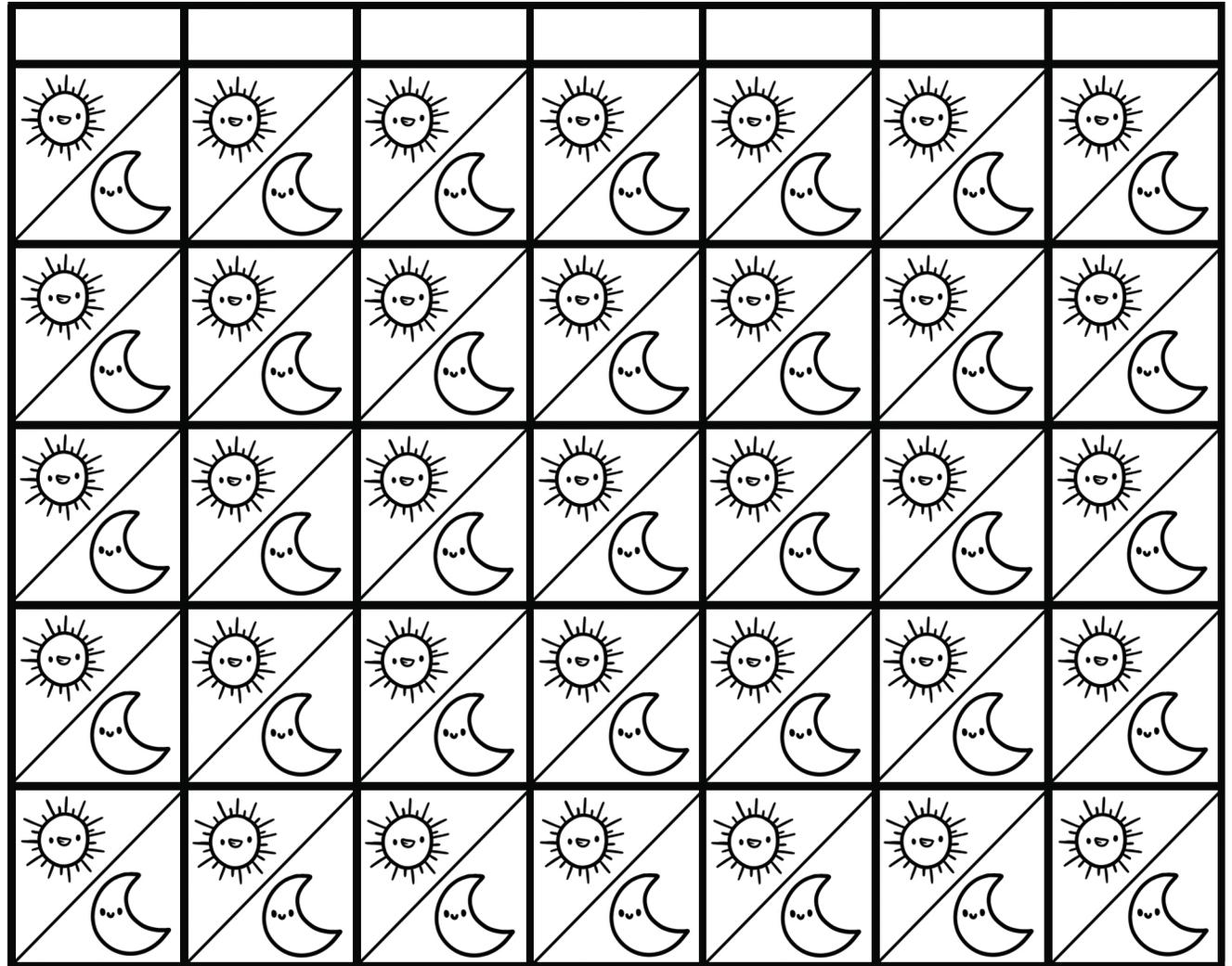


**Brush twice
a day!**



_____ 's Brushing Calender



© 2021 AMERICAN DENTAL ASSOCIATION ALL RIGHTS RESERVED.

February is National Children's Dental Health Month. Visit [ADA.org/NCDHM2022](https://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.

ADA American
Dental
Association®