



# BRUSH FLOSS SMILE

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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.

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