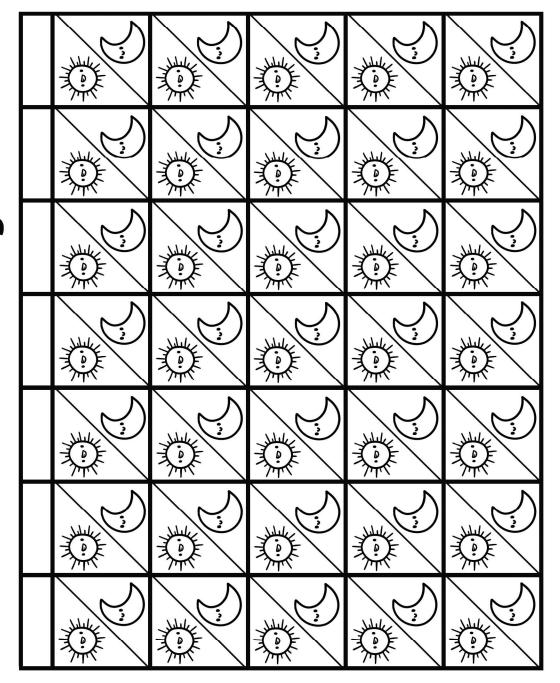
's Brushing Calender

Brush twice

a day!



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February is National Children's Dental Health Month. Visit ADA.org/NCDHM2022 for activity sheets.

SMILE TIPS HEALTHY

Clean between your teeth daily.

Brush your teeth twice a day with a fluoride toothpaste.

• Eat a healthy diet that limits sugary beverages and snacks.

See your dentist regularly for prevention and treatment of oral disease.

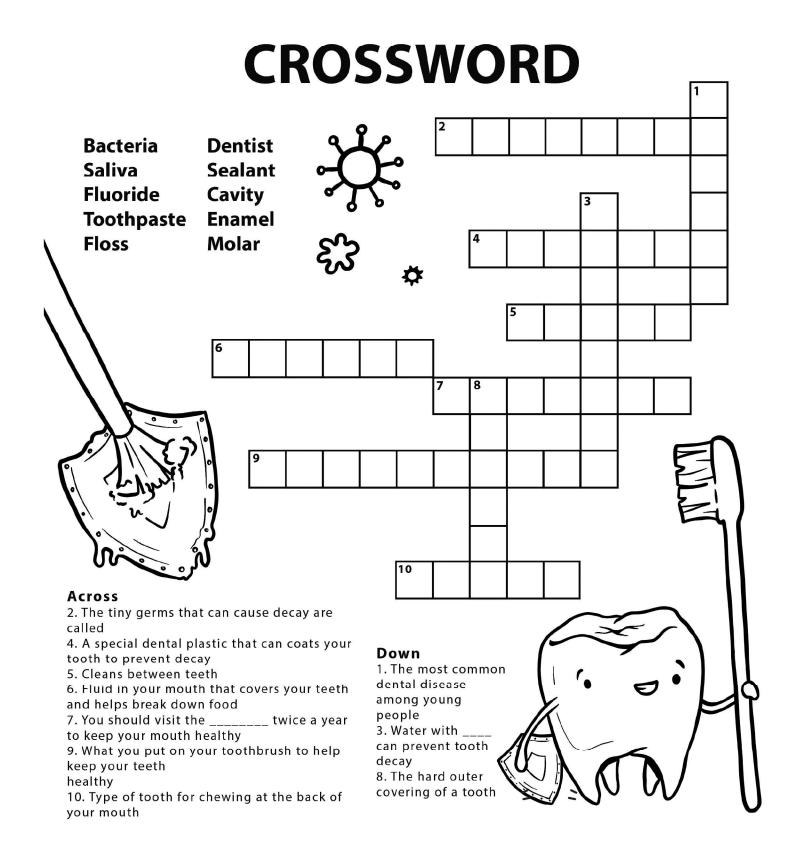


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HEALTHY SMILE TIPS

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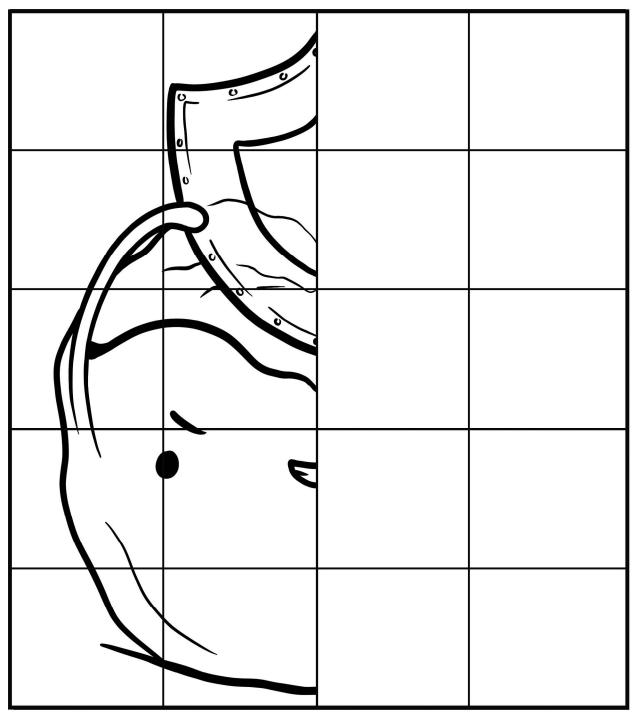
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Draw the other half of the brave tooth with their sealant shield!



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