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National Children's Dental Health Month

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National Children's Dental Health Month poster "Brush and clean in between..." (2019)

American Dental Association Foundation

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BRUSH AND CLEAN IN BETWEEN TO BUILD A HEALTHY SMILE!

Visit [MouthHealthy.org/SmileBuilders](https://www.mouthhealthy.org/SmileBuilders) 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.

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