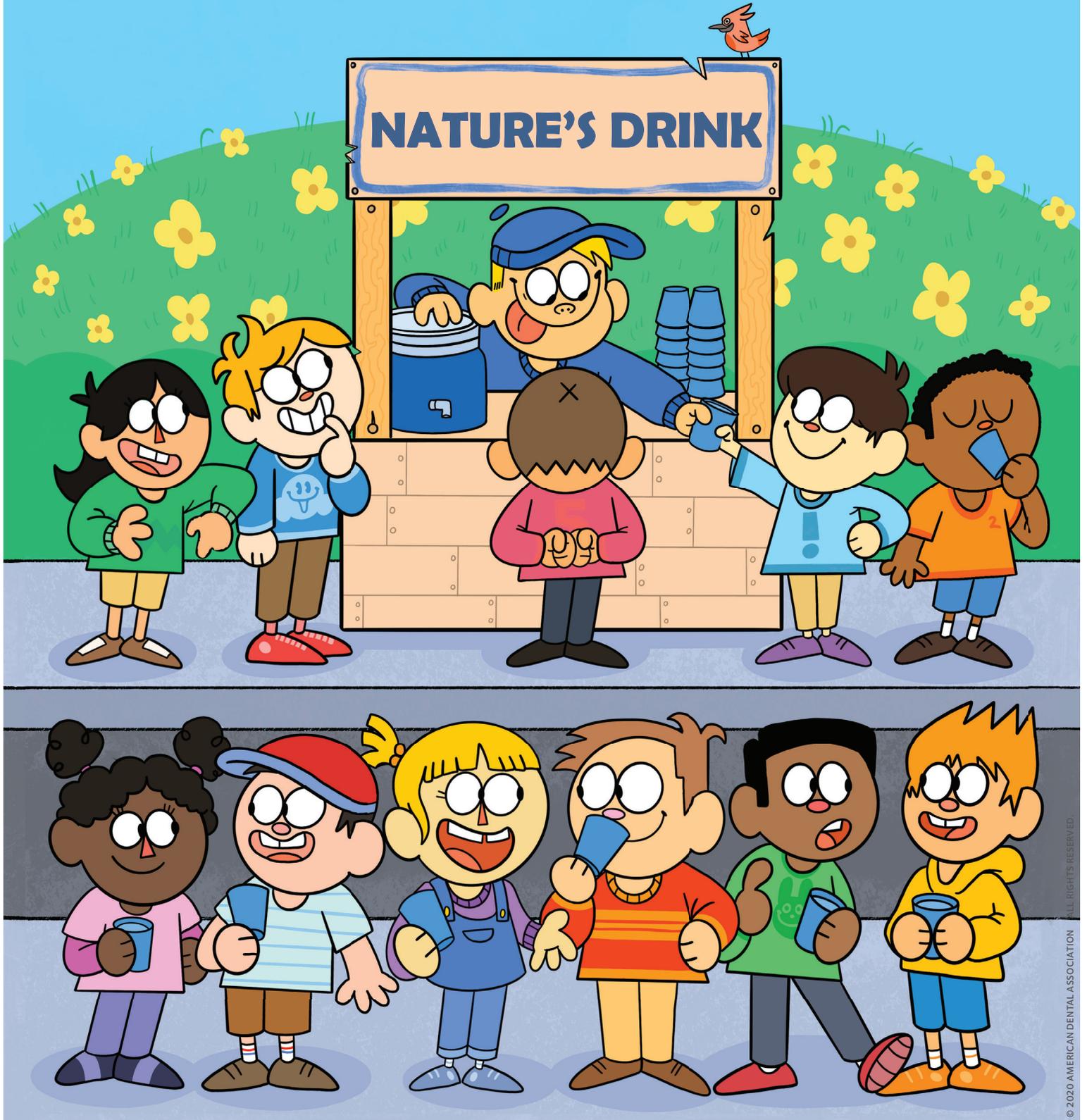


# WATER



February is National Children's Dental Health Month. Visit [ADA.org/NCDHM2021](https://www.ada.org/NCDHM2021) 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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