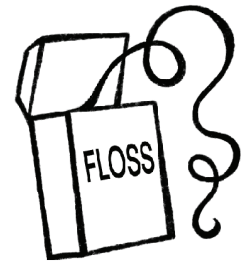
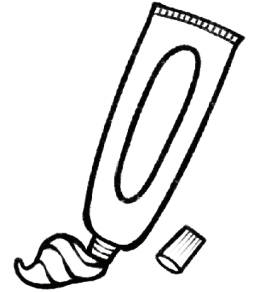
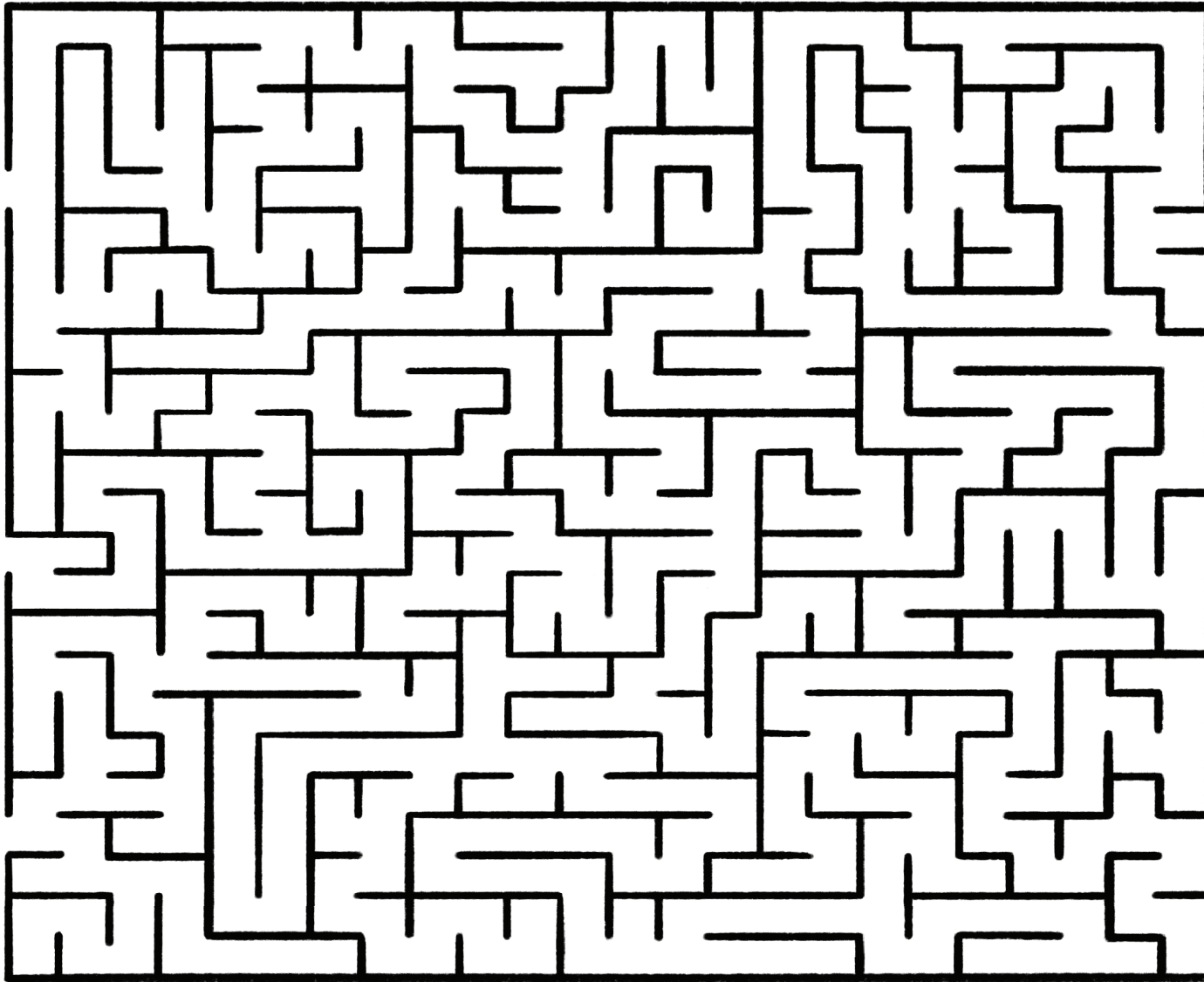


# Maze



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February is National Children's Dental Health Month. Visit [ADA.org/NCDHM](https://www.ada.org/NCDHM) for more activity sheets.

## HEALTHY SMILE TIPS



BRUSH YOUR TEETH 2X/DAY  
WITH FLUORIDE TOOTHPASTE.



CLEAN BETWEEN YOUR  
TEETH DAILY.



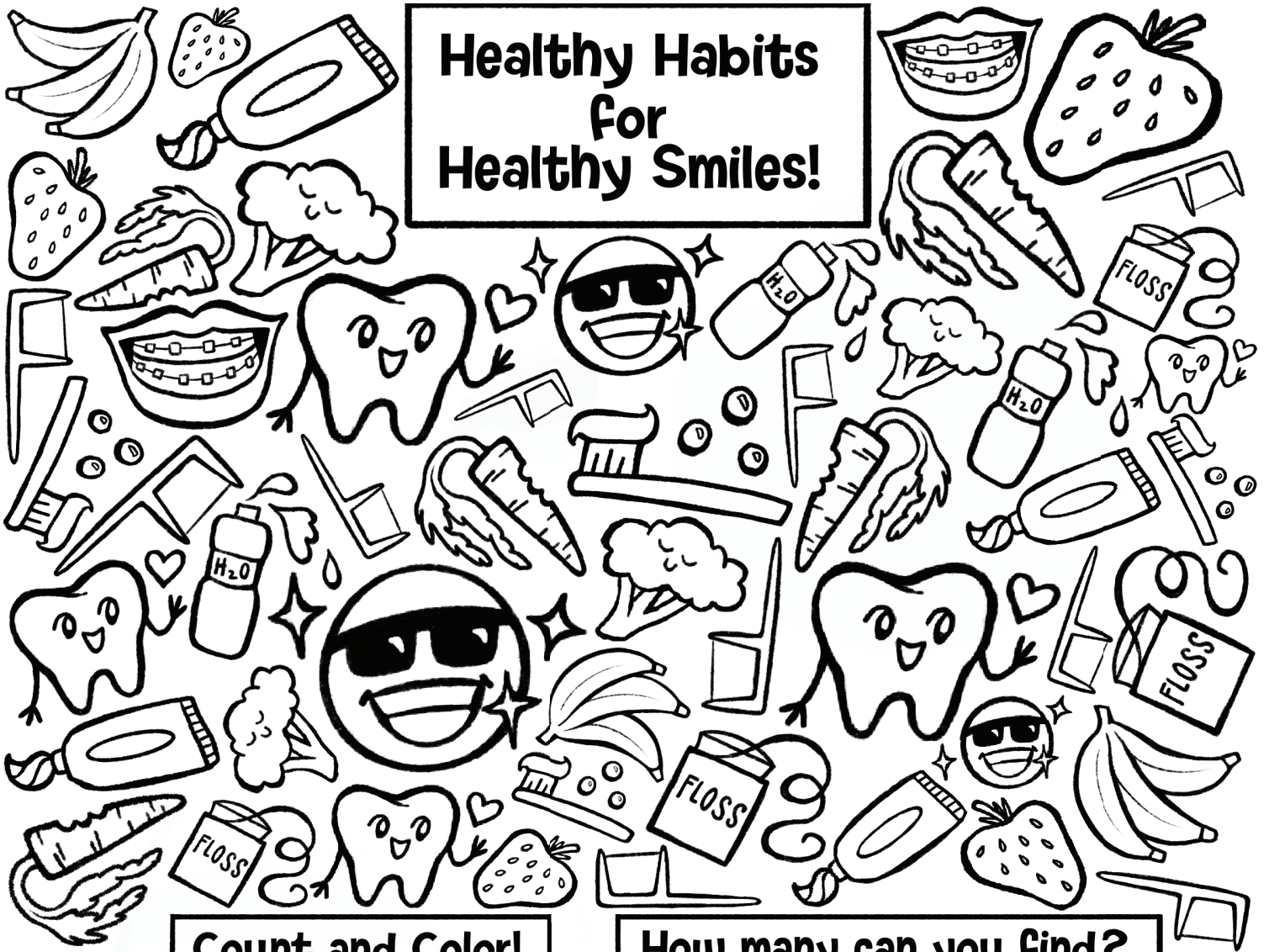
EAT HEALTHY FOODS AND LIMIT  
SUGARY BEVERAGES.



SEE YOUR DENTIST AT LEAST  
TWICE A YEAR.

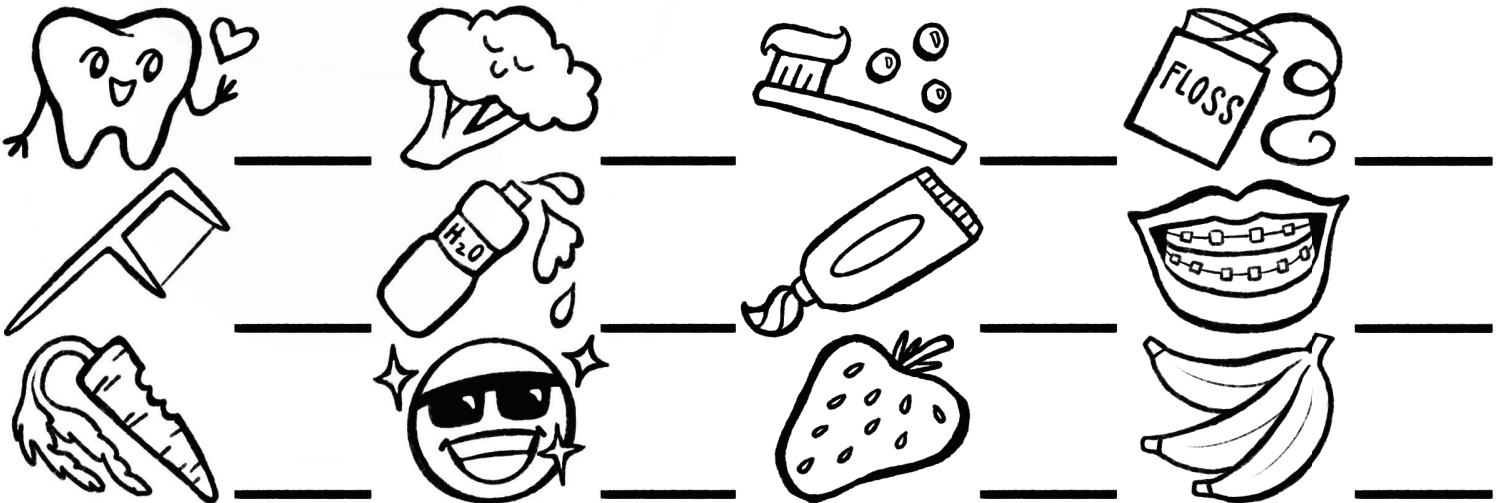
ADA American  
Dental  
Association®

# Healthy Habits For Healthy Smiles!



**Count and Color!**

**How many can you find?**



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**ADA** American Dental Association®

Brush for two minutes, twice a day for happy and healthy teeth!



	Week 1	Week 2	Week 3	Week 4	Week 5
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

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