

February is National Children's Dental Health Month

A healthy smile is something to CHEER!

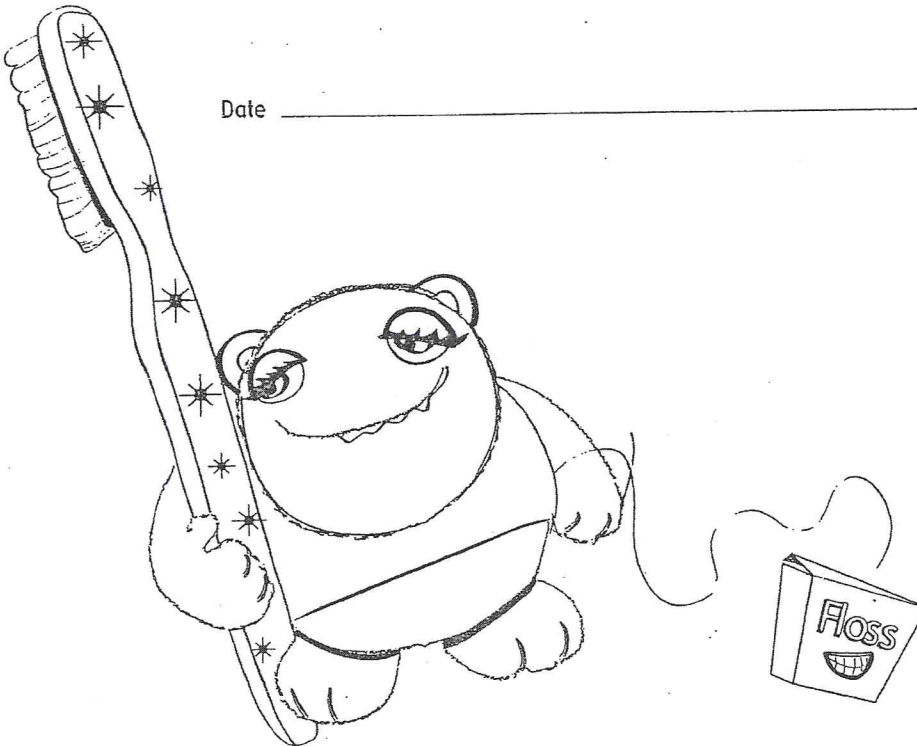
This Healthy Smile Certificate is awarded to

For a
totally
awesome
smile!

Presented to _____

From **Freddy Flossisaurus** _____

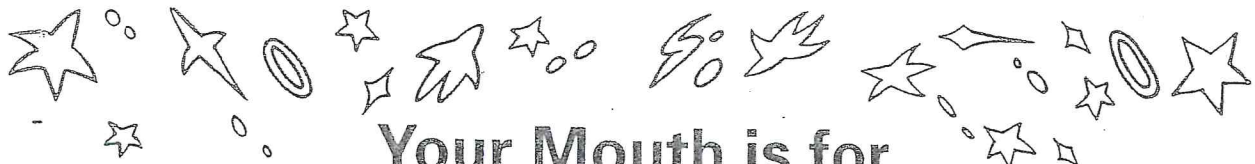
Date _____



ADA.

American Dental Association
www.ada.org

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**Your Mouth is for
Eating, Talking and Smiling.**



Sam eating.



Dudley talking.



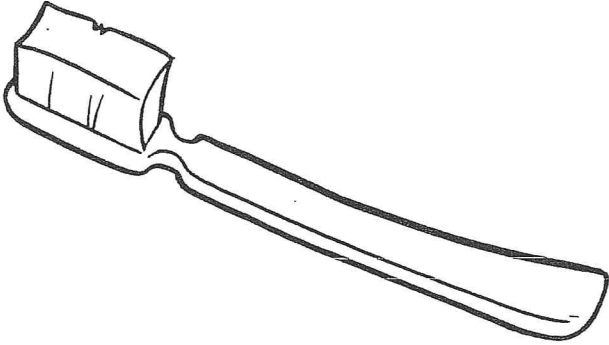
Dee Dee smiling into the mirror.

Panhandle Public Health District
PO Box 337
Hemingford, NE 69348
308-487-3600
or toll free 1-866-701-7173

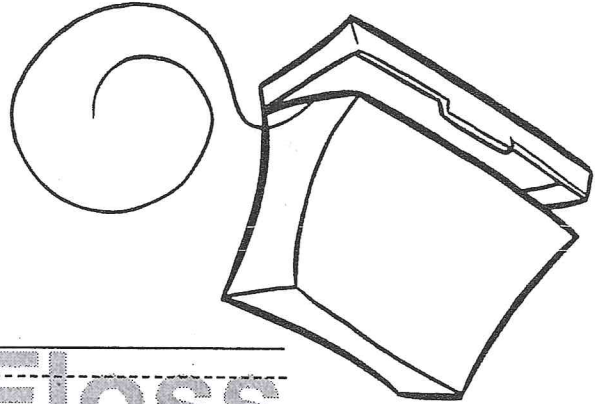


Spelling Magic

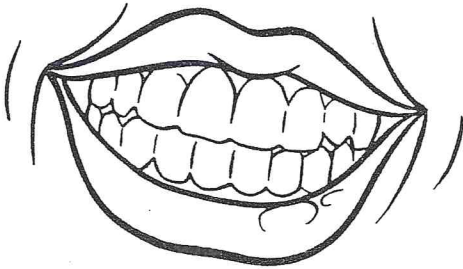
Learn how to spell these words
that keep your smile magic.



Toothbrush



Floss



Smile

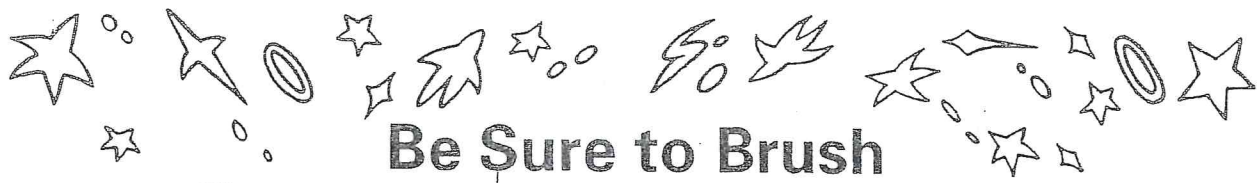


Dudley



Dee Dee

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**Be Sure to Brush
Every Tooth and Don't Forget
to Brush Your Tongue.**

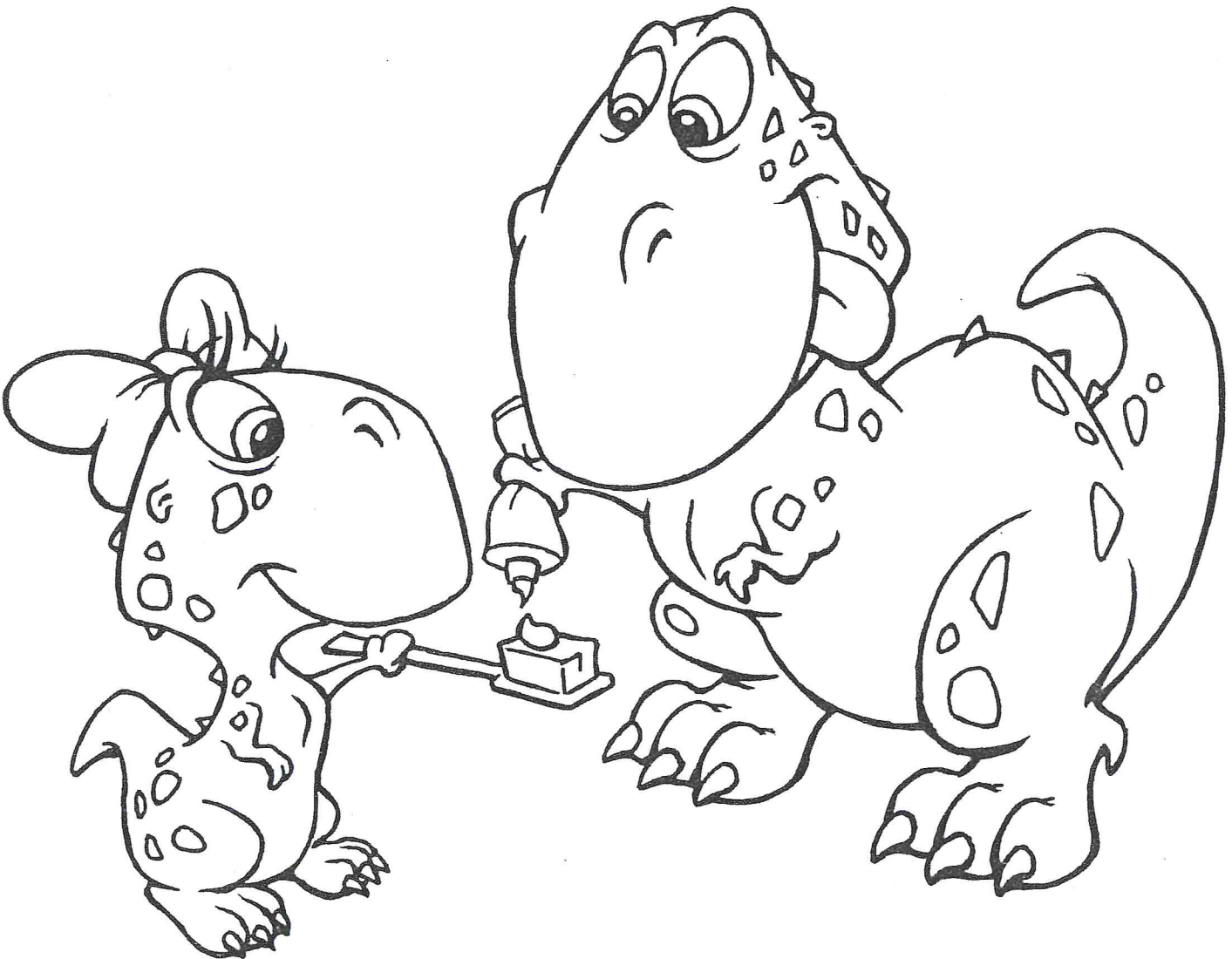


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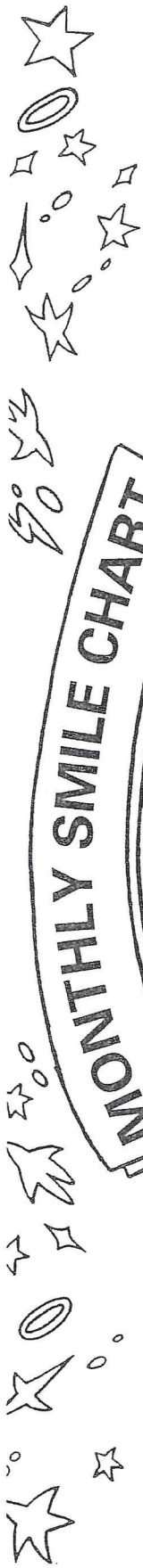


**Use Only a
Pea-sized Drop of Toothpaste.**



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MONTHLY SMILE CHART

1	2	3	4	5	6	7

Use Only a Peasized Drop of Toothpaste

To keep your choppers looking awesome,

8	9	10	11	12	13	14

Be Sure to Brush Every Tooth and Don't Forget to Brush your Tongue

Brush them twice a day

15	16	17	18	19	20	21

Eat Healthy Foods



and floss them!

22	23	24	25	26	27	28

Visit your Dentist Twice a Year

Instructions: Color the item in the box each day that you brush and floss.

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