

February is National Children's Dental Health Month!

Brush your teeth with fluoride toothpaste and clean between your teeth for a healthy smile!!



Brush your teeth **twice a day for two minutes** using a fluoride toothpaste with the ADA Seal of Acceptance to prevent tooth decay.

Floss your teeth **once a day** to clean the areas in between your teeth that your toothbrush can't reach.

Healthy Smiles = Healthy Kids! Check out these apps that will have you dancing your way to a healthy mouth. Listen to music, track your progress, set reminders, earn badges and stickers....and keep the sparkle in your smile!



4 FREE Apps to Make Brushing FUN!



Disney Magic Timer by Oral-B: Collect digital stickers every 2 minutes of brushing, track progress with stars and badges on the brushing calendar!



Brush DJ: Plays 2 minutes of music from your device. Set reminders to change your brush, brush at least twice a day and floss everyday. Customize your screen!



Brushy Time: Fun way to brush twice a day! Select your theme, tap the Brush button to start the timer. It's Brushy Time!



Let's Brush Free: Digital representation of upper and lower jaw, mouth is divided into quadrants to keep track of where you've brushed and what you've missed. Pick a song from your library to brush along to!