

February is National Children's Dental Health Month!

Brush and clean in between to build a healthy smile!



HEALTHY SMILE TIPS
Brush your teeth twice a day with a fluoride toothpaste.
Check 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.
ADA American Dental Association®

- ✓ Brush your teeth **twice a day for two minutes** using an ADA approved fluoridated toothpaste 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! -



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



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!



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



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!