Do it Yourself
National Children’s Dental Health Month Poster!

Print out the five, individual, 8.5 x 11 poster sheets and arrange to make your own poster.

Display in a row to make a banner.

Or overlap to make a big poster and fill in the open areas with construction paper.
GET A Gold Medal Smile

ADA.org/ncdhm

Brush twice a day.
Clean between your teeth daily.
Limit snacks, eat healthy meals.
Visit your dentist regularly.
GET A Gold Medal Smile

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