

Trace the Smiley

Who should have the 'Smiley'? Follow each line to find out!

National
Smile
Month



www.smilemonth.org



Our three key messages for a healthy mouth:

- *Brush your teeth last thing at night and on at least one other occasion with a fluoride toothpaste.*
- *Cut down on how often you have sugary foods and drinks.*
- *Visit your dentist regularly, as often as they recommend.*

Remember, National Smile Month 2015 takes place between 18 May and 18 June. Visit www.smilemonth.org to find out how you can have great fun and get involved!

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