

Trace the Smiley

Who has the Smiley? Follow each line to find out!

National
Smile
Month



British Dental
Health Foundation



Our three key messages for a healthy mouth:

- Brush your teeth for two minutes twice a day using a fluoride toothpaste
- Cut down on how often you have sugary foods and drinks
- Visit the dentist regularly, as often as they recommend

Remember, National Smile Month 2014 takes place between 19 May and 19 June.
Visit www.smilemonth.org to find out how you can have great fun and get involved!

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