

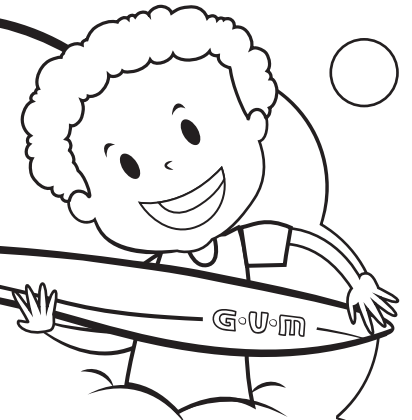
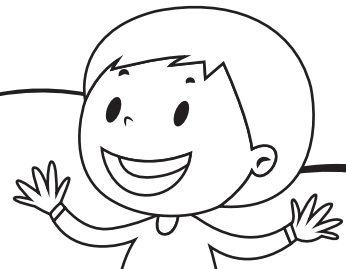
# Tooth Tips

Colouring Activity



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRE

Brush 2 minutes  
2 times a day



[dentalhygienecanada.ca](http://dentalhygienecanada.ca)



Clean between your  
teeth every day



Use fluoride toothpaste  
(pea-sized amount)



Change your brush  
every 3 months