



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

# Colouring Contest

Child's first & last name:

age:

email:

phone number:

school/dental hygienist/clinic:

**Deadline:**

May 1, 2024

**Submit your entry!**

email to: [marketing@cdha.ca](mailto:marketing@cdha.ca)

or mail to: 1122 Wellington St W  
Ottawa, Ontario  
K1Y 2Y7

**Prizes:**

Win a Toys R Us gift card and  
kids' oral health prize packs  
from Sunstar G-U-M and Crayola

SUNSTAR

**G-U-M**

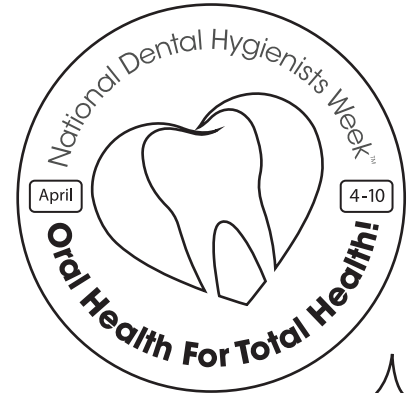
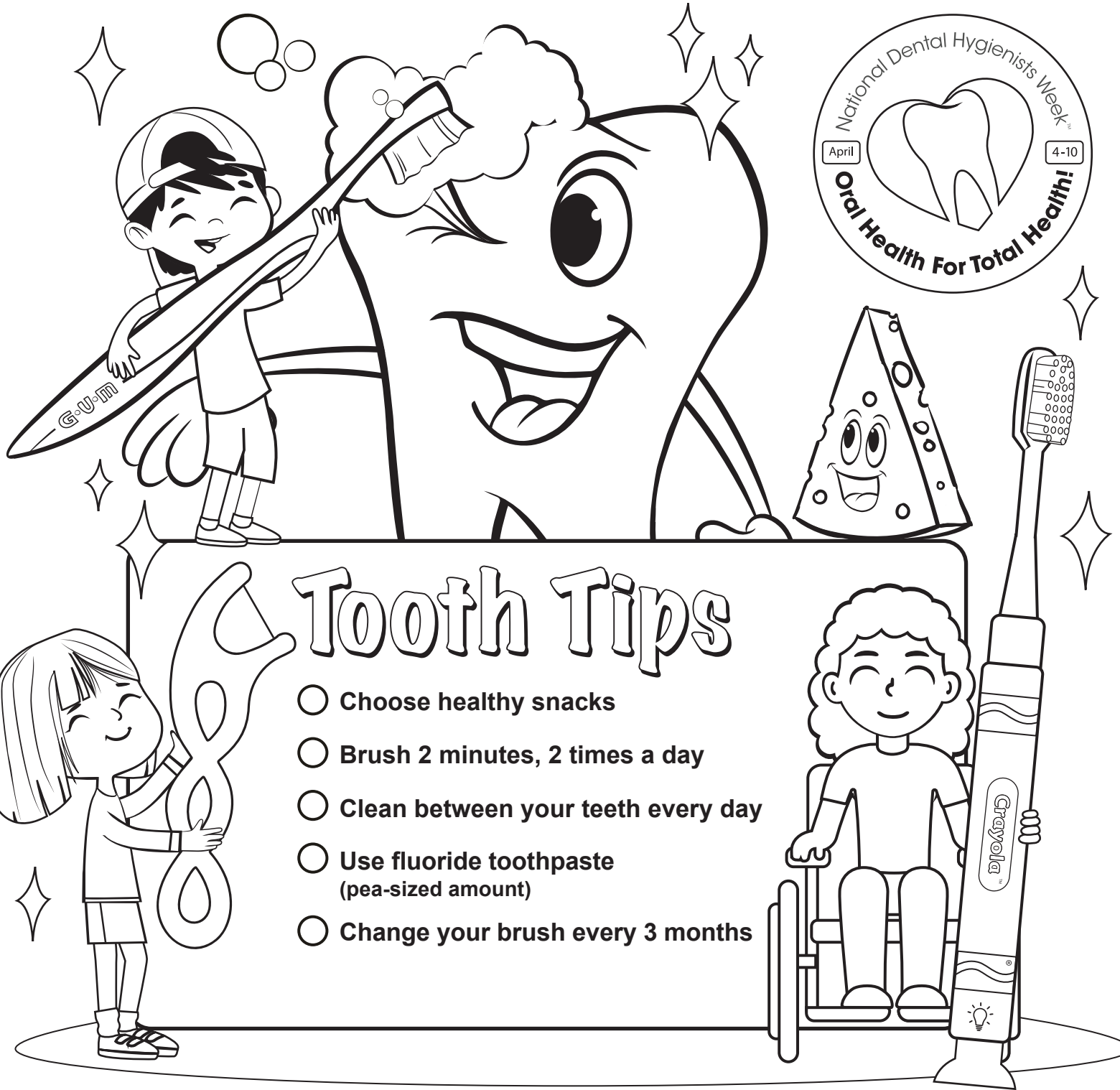
[gumbrand.ca](http://gumbrand.ca)



Crayola.ca



**DENTAL  
HYGIENE  
CANADA.CA**



## Tooth Tips

- Choose healthy snacks
- Brush 2 minutes, 2 times a day
- Clean between your teeth every day
- Use fluoride toothpaste (pea-sized amount)
- Change your brush every 3 months

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