



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

# Colouring Contest

Child's first & last name:

age:

email:

phone number:

school/dental hygienist/clinic:

## Deadline:

May 1, 2026

## Submit your entry!

Upload to: [cdha.ca/NDHWcolouring](http://cdha.ca/NDHWcolouring)  
or mail to: 1122 Wellington St W  
Ottawa, Ontario  
K1Y 2Y7

## Prizes:

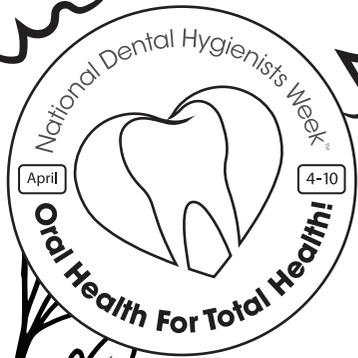
Win a Walmart Canada e-gift card and kids' oral health prize packs from:



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

