



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, 2026

Submit your entry!

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

Prizes:

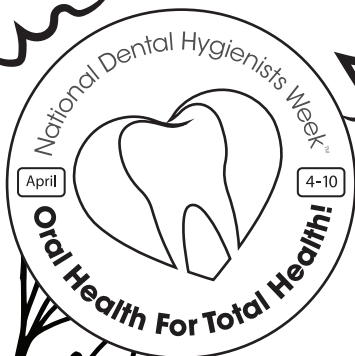
Win a Toys R Us gift card and
kids' oral health prize packs from:








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

