



## 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:

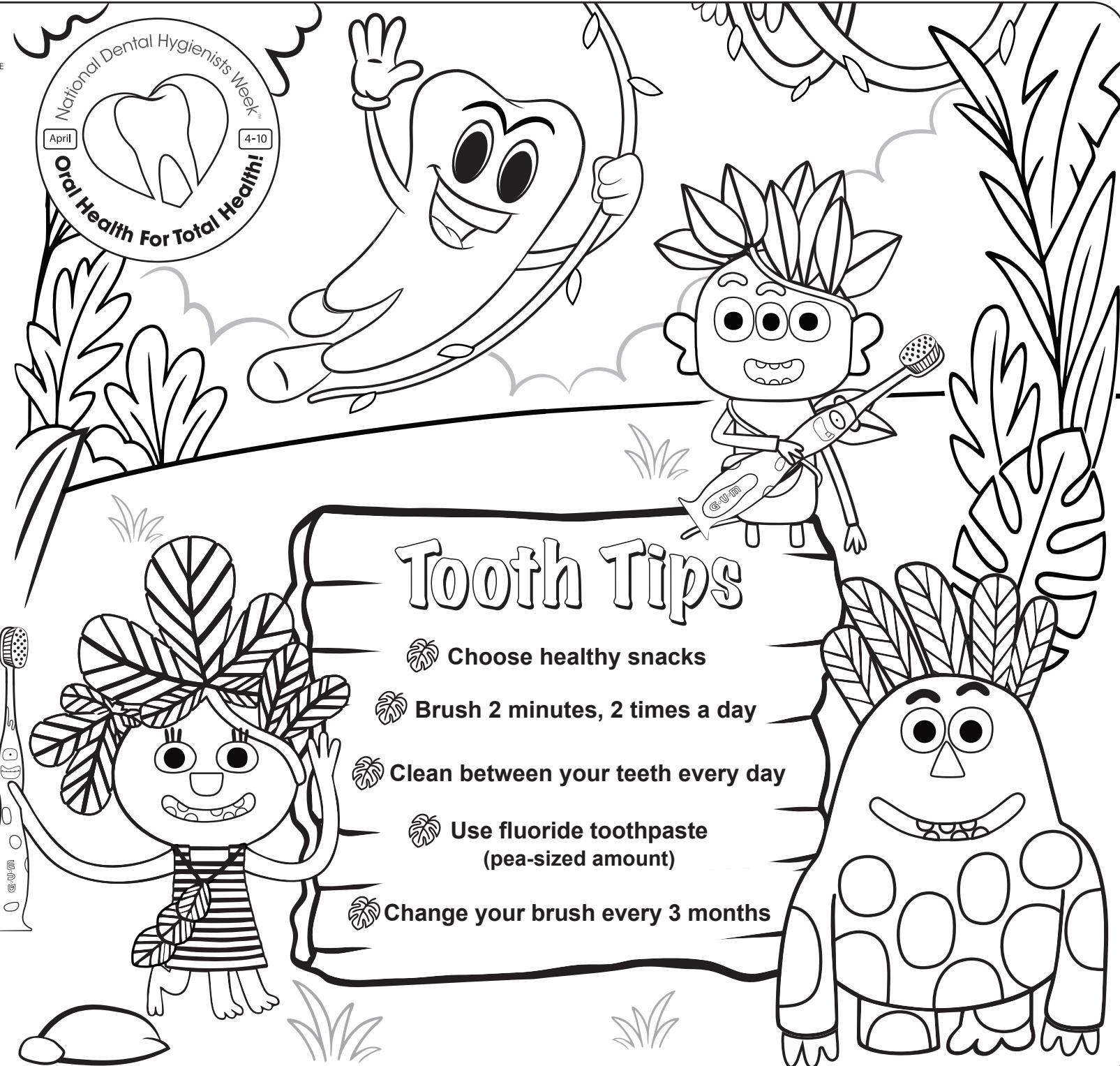
Win a Toys R Us gift card and  
kids' oral health prize packs from:



[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