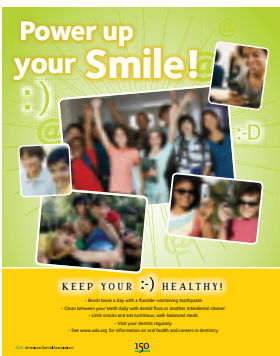


2009 National Children's Dental Health Month (NCDHM) Campaign

The 2009 campaign features the continuing adventures of the Tough Tooth Team. Our double sided poster features the Team springing into action to achieve maximum smile power with the slogan "Turn Up Your Smile Power!" The other side features a healthy smile message for teens with the slogan, "Power Up Your Smile!". The posters can be used on billboards, in offices, classrooms, etc.

The NCDHM Program Planning Guide offers dental societies, teachers and parents resources to promote the benefits of good oral health to children. The guide includes easy-to-do activities, program planning timetable tips, sample press releases and much, much more.

The posters can be downloaded at **no cost**. If you are interested in ordering the posters in '16x20', please e-mail ncdhm@ada.org and include the following information: name of the person who should receive the materials, your organization's name, complete mailing address where posters should be delivered (no P.O. boxes please), e-mail address of the person who will receive the posters, phone number, and number of posters needed in English and/or Spanish



English Version Posters

Download Children's Poster at http://www.ada.org/public/events/ncdhm/poster_youth.pdf

Download Teen Poster at http://www.ada.org/public/events/ncdhm/poster_teen.pdf

Spanish Version Posters

Download Children's Poster at http://www.ada.org/public/events/ncdhm/poster_youth_spanish.pdf

Download Teen Poster at http://www.ada.org/public/events/ncdhm/poster_teen_spanish.pdf



Encourage Kids with the Express Your Health!™ Activity Book

The Express Your Health!™ Activity Book for Kids is a new activity book for kids 5 to 10 years of age. Through coloring pages, stickers and puzzles, the healthy heroes encourage kids to adopt safe and healthy habits.

Energy Girl encourages kids to be active. Children and adolescents should get at least 60 minutes (1 hour) of physical activity each day. Make sure your kids are doing aerobic, muscle strengthening, and bone-strengthening activities. Start adding physical activity to your own daily routine, and encourage your kids to join you. Regular physical activity helps build and maintain healthy bones, muscles, and joints.

Hygiene Boy encourages kids to wash hands and brush teeth.

Safety Girl encourages kids to stay safe. Children are at high risk for many injuries that can lead to death or disability.

Nutrition Boy encourages kids to eat healthy. Eating healthy can help lead to a healthy weight. It can also help lower the risk of getting some chronic diseases and conditions such as type 2 diabetes, hypertension, certain cancers, and micronutrient deficiencies. 🍷