



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:

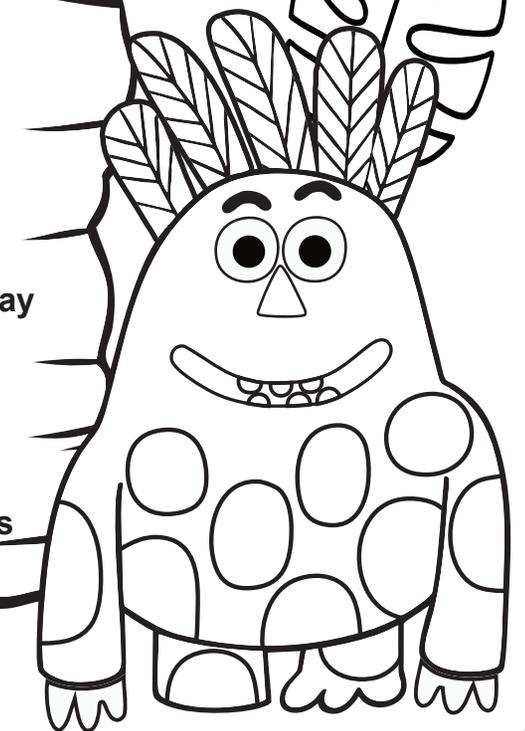
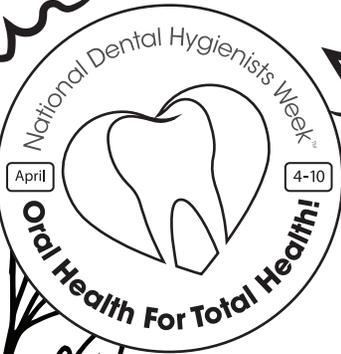
Win a Walmart Canada e-gift card and kids' oral health prize packs from:



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
(Rice-sized amount before age 3;
pea-sized amount for 3+)
-  Change your brush every 3 months