



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:

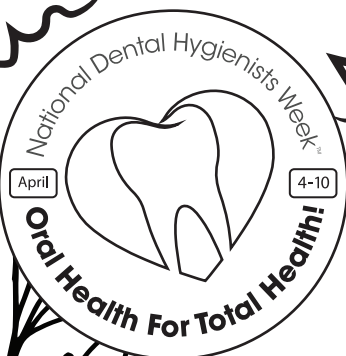
Win a Walmart Canada e-gift
card and kids' oral health prize
packs from:



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

