



Children's Dental Health Month 2026 Poster Contest!

celebrate this February with the Maine CDC
School Oral Health Program!

This years theme:

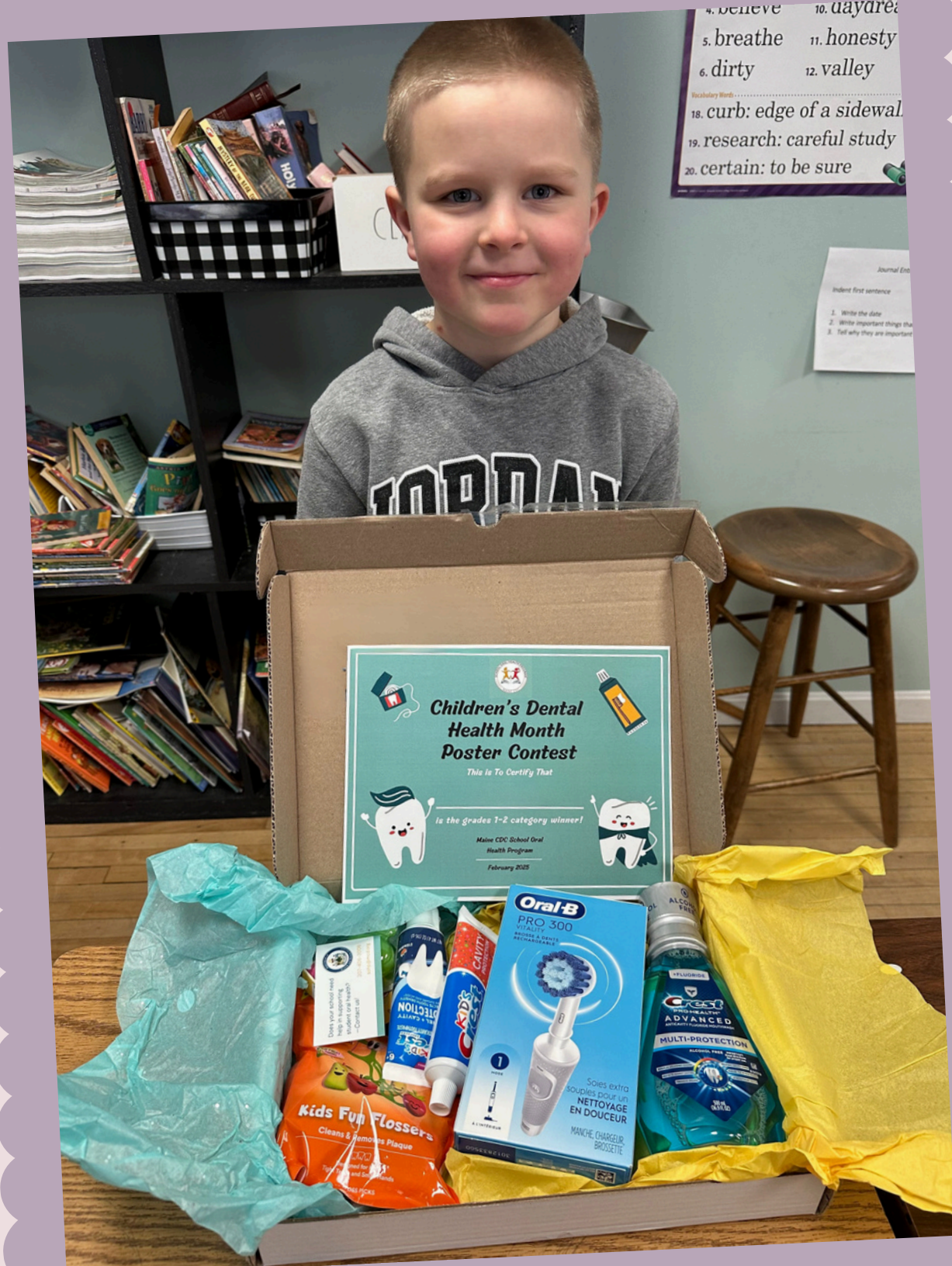
**How does your healthy
mouth help you do the
things you love?**

**DEADLINE – MONDAY,
MARCH 2ND, 2026**

Winners will receive
an awesome prize
package!



All posters should be 8.5" x 11",
and include the name,
grade, and school in the
lower right corner!



**SEE CONTEST INSTRUCTIONS AND
RULES FOR MORE DETAILS!**

INSTRUCTIONS

Posters must be hand-created on 8.5" x 11" paper (no digital designs). Students grades PK-6 should use this years theme to creatively show the importance of oral health and keeping their teeth healthy! We encourage students to think beyond common images of brushing their teeth and use their imagination to show how oral health fits into their favorite parts of life.

Ex: Isabella loves to play lacrosse, wearing her mouthguard helps to keep her smile safe and her mouth healthy so she can continue to play the sport she loves! Isabella draws herself wearing her mouthguard and gear on the lax field.

The student's first & last name, grade, and school name **must** be printed on the lower right corner of each poster. For younger students, this information can be completed for them. All identifiable information will be removed for voting purposes.

All submissions should be emailed to sohp@mcd.org by 3 pm EST on March 2nd, 2026 as a JPG, PNG, or PDF file.

CONTEST RULES

There will be four grade divisions: PK-Kindergarten, 1st-2nd, 3rd-4th, and 5th-6th.

Your school may consider having a preliminary contest just for your students, however, our contest is statewide, and only one will be awarded from each category. All Maine students are eligible to enter regardless of school status.

Staff members of the School Oral Health Program, Maine Center for Disease Control and Prevention, and MCD Global Health will judge the contest.

Voting will take place for 4 days and winners will be notified by March 12, 2026.

Thank you for your participation!