

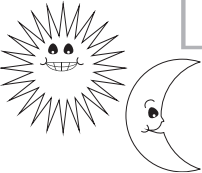
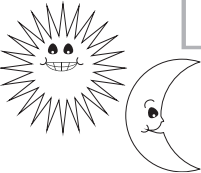
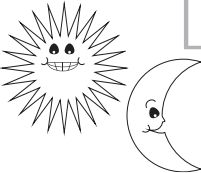
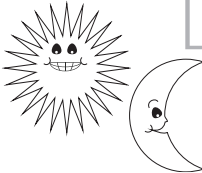
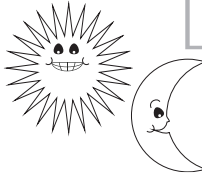
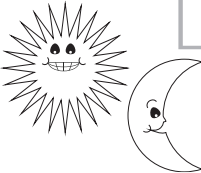
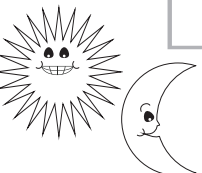
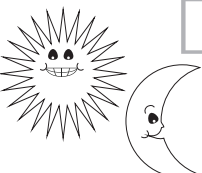
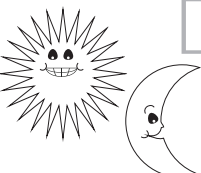
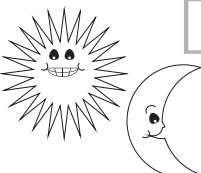
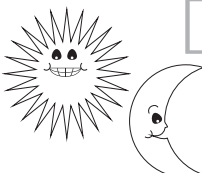
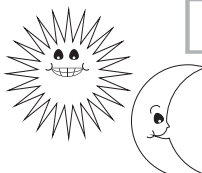
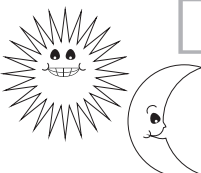
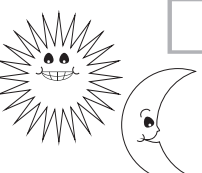
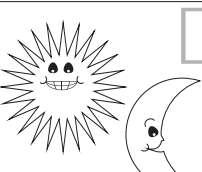
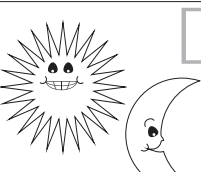
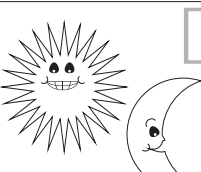
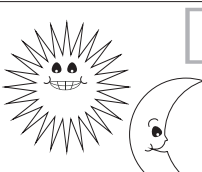
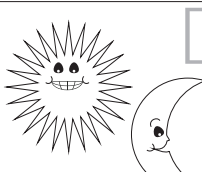
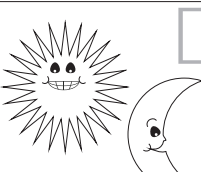
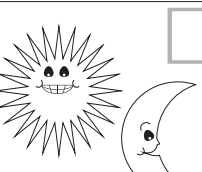
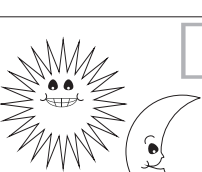
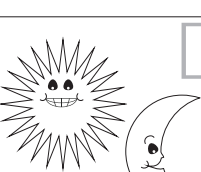
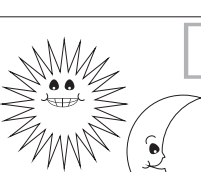
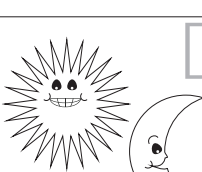
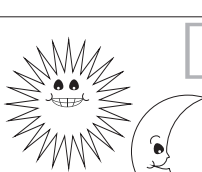
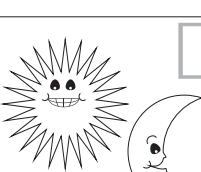
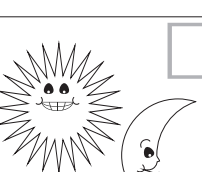
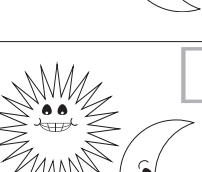
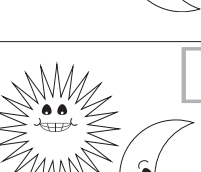
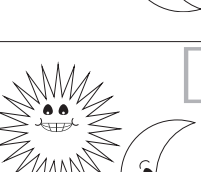
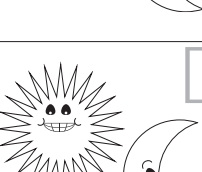
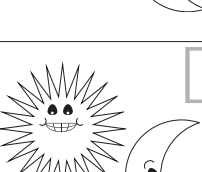
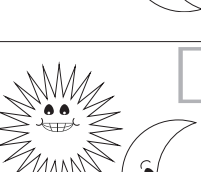
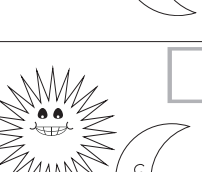
My healthy smiles brushing calendar



Don't rush your brush!

Brush your teeth for
two minutes, twice a day,
especially before bedtime.

Month: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						
						
						
						



Colour the sun to show that you brushed your teeth in the morning.

Name: _____

Colour the moon to show that you brushed your teeth before bedtime.

Visit york.ca/dental or call 1-800-735-6625 to learn more about York Region Public Health Dental Program services.