

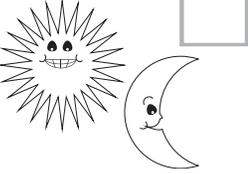
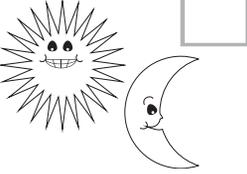
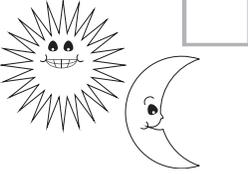
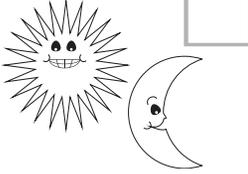
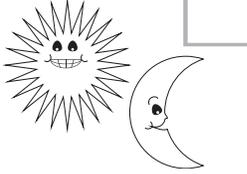
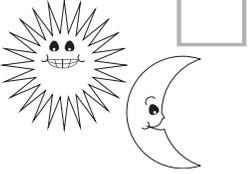
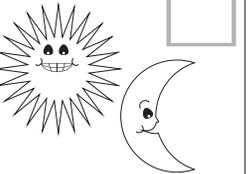
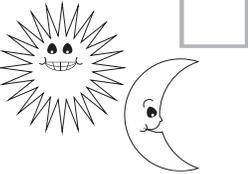
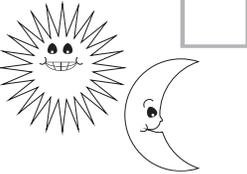
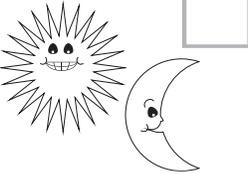
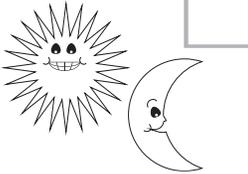
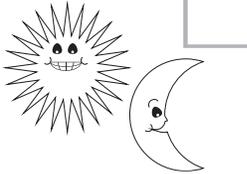
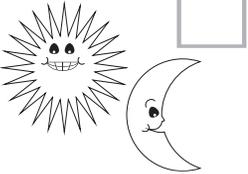
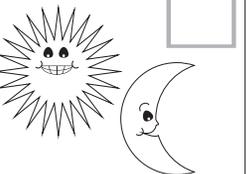
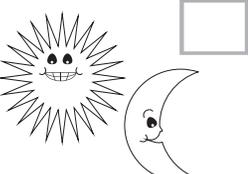
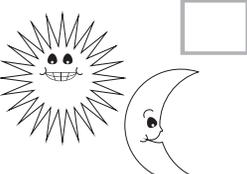
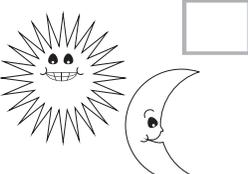
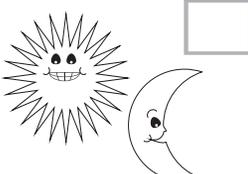
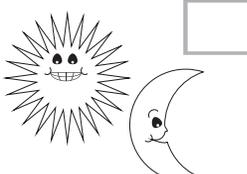
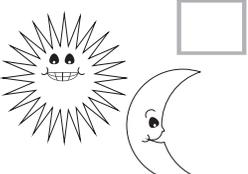
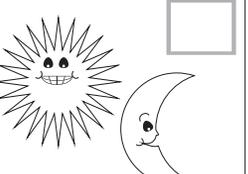
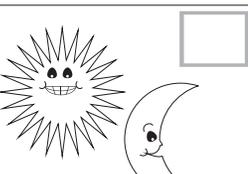
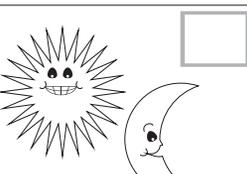
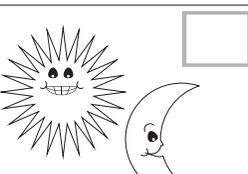
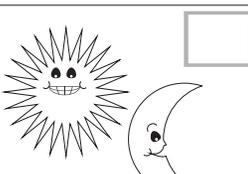
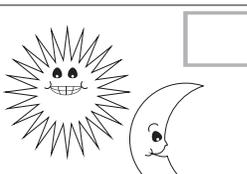
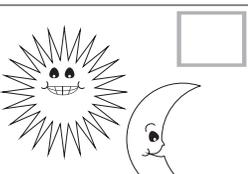
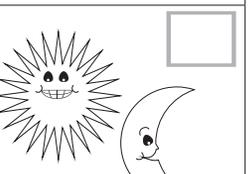
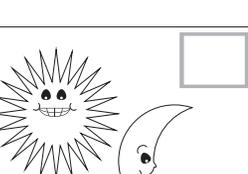
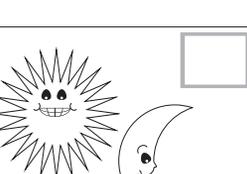
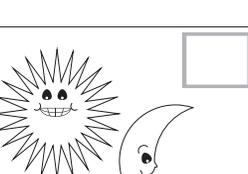
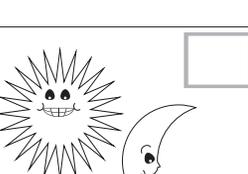
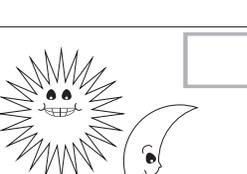
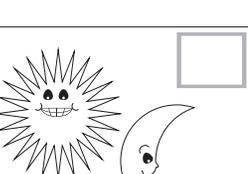
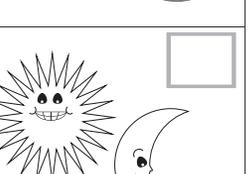
# My healthy smiles brushing calendar



**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](http://york.ca/dental) or call 1-800-735-6625 to learn more about York Region Public Health Dental Program services.