

HEALTHY ROUTINES FOR HEALTHY KIDS

BRUSH



Cepille | ដុសធ្មេញ |
Magsipilyo

BOOK



Libro | អានសៀវភៅ |
Libro

BED



Cama | ចូលគេង |
Kama

Label the name of the month & number the days of the month. Circle each icon as you complete each activity. Reward yourself & your child for completing the calendar.

Sun	Mon	Tue	Wed	Thu	Fri	Sat



#BrushBookBedLB
LongBeach.gov/oralhealth
 Download a new copy each month!

