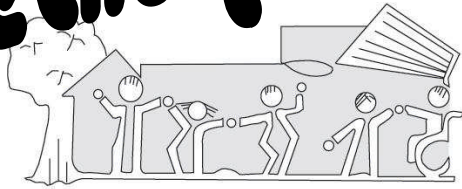


# Health Tips



Building Healthy Schools Together  
Ensemble, bâtissons des écoles en santé

## MESSAGE TO PARENTS

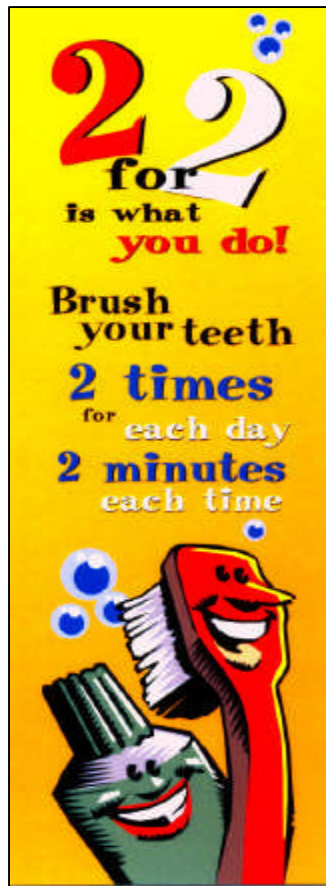
Please teach your child to brush

When you brush their molars for them,  
You teach children what to do,  
Make gentle circles on teeth & gums,  
Brush outsides, insides too.

You can tell them "You can try it in the  
morning by yourself."  
But at night time, do it for them  
to ensure their dental health.

## BRUSH

Two times a day for two minutes each time  
**TWO FOR TWO IS WHAT WE DO!**



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