



























































# November 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> NATIONAL BRUSH DAY	2  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> SANDWICH DAY	3  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> SANDWICH DAY
4  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> DAYLIGHT SAVING TIME END	5  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	6  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> ELECTION DAY	7  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	8  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> TONGUE TWISTER DAY	9  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	10  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> SESAME STREET DAY
11  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> VETERANS DAY	12  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	13  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> WORLD KINDNESS DAY	14  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> PICKLE DAY	15  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> THANKSGIVING	16  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> DAY OF TOLERANCE	17  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> TAKE A HIKE DAY
18  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	19  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	20  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	21  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	22  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> THANKSGIVING	23  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> NATIONAL FLOSSING DAY	24  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>
25  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	26  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	27  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	28  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	29  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	30  <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/>	

Brush twice a day with fluoride toothpaste, clean between your teeth daily and check off each box as you go! For fun games and activities this month, visit [MouthHealthyKids.org/November](http://MouthHealthyKids.org/November)