

2019



CHI St. Joseph Children's Health

# Brush Twice-a-Day Challenge

Dear Caregivers,

Your child has received an invitation to the

**4<sup>th</sup> Annual Healthy Habits, Healthy Smiles!**

**Brush Twice-A-Day Challenge!** The Brush Twice-A-Day Challenge is a 10 week challenge aimed to help children develop the healthy habit of brushing twice each day.



## Here's How It Works:

- 1 Your Child will bring home a Health Hero Starter Pack.




- 2 Your Child can scratch off a tooth on the card each time they brush their teeth.

- 3 Don't forget to unscramble the word under the teeth and add it to the Bonus Super Card! Flip each card over for reinforcing activities and weekly challenges.



- 4 Each week, your child can bring a completed card back to school and place it in the Hank the Health Hero mailbox.

- 5 Every participating child will receive  a prize at school!

To view the brush challenge dates  for your child's school, please scan the QR code below or visit us at:

[stjosephchildrenshealth.org/childrens-health-education/brush-twice-day-challenge/](http://stjosephchildrenshealth.org/childrens-health-education/brush-twice-day-challenge/)



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Look for Hank the Health Hero on:

