

Building Healthy Smiles Social Media Calendar January

Date	Sample Tweet/Post
1/3/16	Make a New Year's resolution to brush 2x a day for 2 min! Download @brush2min2x 12 mo. brushing calendar to help keep ur smile healthy all year. http://bit.ly/2iv14dB
1/5/16	Make sure you're taking care of your kids baby teeth! @CDA_dentists has some great tips! http://bit.ly/2hzJFDZ
1/10/16	Fluoridation of water supplies is the single most effective public health measure to prevent dental decay. Is yours? http://bit.ly/14BOC42
1/12/16	Check out @brush2min2x for healthy preteen/teen nutrition habits for a healthy mouth! http://bit.ly/2hICYya
1/17/16	Start your year off right by Kicking the Can! @CDA_dentists tells you what soda does to your oral health! http://bit.ly/2icqdMK
1/19/16	Are you a brushing brainiac? Test your tooth wisdom with a quiz from @Smile4Health http://bit.ly/2hzLyAv
1/24/16	Check out @AmerDentalAssn tips for a healthier mouth for the new year http://bit.ly/1eRUw1Z
1/26/16	Next week starts National Children's Dental Health Month! (use with ADA oral health image)
1/31/16	Tomorrow starts National Children's Dental Health Month! Ck out @AmerDentalAssn for fun kids activities to celebrate! http://bit.ly/UFGKsY

Sample Tweet/Post for #BuildingHealthySmiles
I'm #BuildingHealthySmiles by educating (#) parents on how to be sure their kids are brushing correctly.
I'm #BuildingHealthySmiles @ (Location of event/education)
How are you #BuildingHealthySmiles for kids in your community?
I'm #BuildingHealthySmiles by advocating for higher #Denti-Cal reimbursement rates!
I'm #BuildingHealthySmiles with the parents from (school, NFL name).