

Kids Love Routines

Brush, Book, Bed

Brush!

Brush with fluoride toothpaste for minutes each day & night



Book!

SING, TALK & READ

aloud as much as possible to your child

Bed!

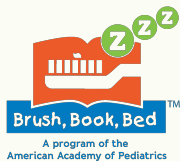
Start your nighttime routine 30 min before bedtime



Brush, Book, Bed Every Night

- Routines can help children:
 - Feel safe
 - Reduce stress
 - Complete daily activities
 - Have healthier lives

For more information on the Brush, Book, Bed Program from the Ohio AAP, visit:
<http://ohioaap.org/brushbookbed>



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Brushing Tips

- Brush 2 times a day with fluoride toothpaste
- Use a pea-sized amount for kids over 3
- Use a grain of rice sized amount for kids under 3
- Limit sugary and sticky foods
- Limit juice to only 1 glass a day of 100% juice
- Go to the dentist two times a year after age 1
- Between meals, encourage kids to drink water
- Use a soft cloth to wipe baby's gums after feedings
- Don't put babies in bed with a bottle
- Don't share items with your baby that have been in your own mouth
- Help as children practice brushing
- Floss once teeth touch

Reading Tips

- Sing, talk, and read aloud as much as possible
- Name and point to things in pictures of books
- Ask older kids questions as you read a book
- Act out the story with your face, hands, and voice
- Let your child pick out a book (or two!) to read
- Let your child decide how long you read
- It's okay if babies chew the book!
- Babies love sturdy books with pictures and rhymes

Bedtime Tips

- Make daytime playtime
- Talk and play with your child during the day to help them sleep better at night
- Put your children to bed awake but drowsy
- Babies should sleep on their backs without pillows, blankets, or stuffed animals in the crib
- Share a room but not a sleep surface for babies
- When your child over one awakes, first give a stuffed animal or blanket in bed to comfort them
- Keep a calm, quiet place for nighttime feedings or changings