Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Ohio Department of Health

KIDS LOVE ROUTINES - BRUSH, BOOK, BED

BRUSH!
Brush with fluoride toothpaste for
2 minutes
each day and night.

BOOK!
Sing, talk & read
aloud as much as possible
to your child.

BED!
Start your nighttime routine
30 minutes
before bedtime

BRUSH, BOOK, BED EVERY NIGHT

- FEEL SAFE
- REDUCE STRESS
- COMPLETE DAILY ACTIVITIES
- HAVE HEALTHIER LIVES

BRUSHING TIPS

- Brush two times per day with fluoride toothpaste
- Use a pea-sized amount for kids over age 3
- Use a grain of rice sized amount for kids under age 3
- Limit sugary and sticky foods
- Limit juice to only one glass per day of 100% juice
- Go to the dentist two times per 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

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

For more information, please visit:
https://ohioaap.org/education-cme-moc-ii/preventive-health-program/