**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.

**PRACTICE A BRUSH, BOOK, BED ROUTINE EVERY NIGHT**

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

**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

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

**DID YOU KNOW?**
Dolly Parton’s Imagination Library of Ohio mails children one book each month until their 5th birthday. All kids in Ohio are eligible and this program is available at no cost to families. Enroll your child here: [https://ohioimaginationlibrary.org/enroll](https://ohioimaginationlibrary.org/enroll)

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