



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>



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>



For more information, please visit:

<https://ohioaap.org/education-cme-moc-ii/preventive-health-program/>