

Ohio Chapter

INCORPORATED IN OHIO

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



BRUSH, BOOK, BED - ROUTINES AND RELATIONAL HEALTH



WHY ROUTINES?

- Effective routines improve sleep and decrease stress for caregivers.
- Make daytime, playtime. Play during the day will lengthen sleep periods.
- Limit exposure to tv, computer, and phone screens for at least an hour before bed.
- Use the Brush, Book, Bed routine every night for around 30 minutes.

WHY RELATIONAL HEALTH?

- The most important factor for determining the success of a child is at least one stable and committed relationship with a caregiver.
- Establish meaningful relationships with children.
- Encourage self-reflection from the caregiver and the child during shared activities.
- Use “serve and return” relationships with children. Allow children to reach out for interaction and respond by giving attention.

BRUSH, BOOK, BED, EVERY NIGHT FOR POSITIVE SLEEP RESULTS.



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

2x



Brush two times a day
with fluoride toothpaste.



Use a grain of rice sized
amount of toothpaste for
kids under three years old.



Use a pea sized amount
of toothpaste for kids over
three years old.



Begin flossing
once teeth touch.



Encourage kids to drink
water between meals.



For more information, please visit:

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