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.

- 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/