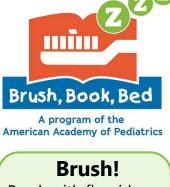


Book!

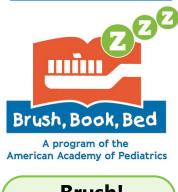
KIDS LOVE ROUTINES

BRUSH, BOOK, BED!



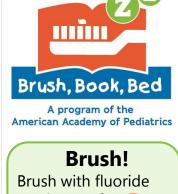
KIDS LOVE ROUTINES

BRUSH, BOOK, BED!



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BRUSH, BOOK, BED!



KIDS LOVE ROUTINES

BRUSH, BOOK, BED!





Book!

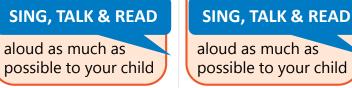
SING, TALK & READ

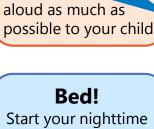


Book!

SING, TALK & READ







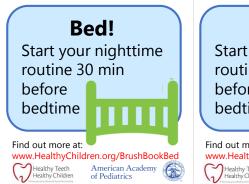


Book! SING, TALK & READ aloud as much as possible to your child









Bed! Start your nighttime routine 30 min before bedtime Find out more at: www.HealthyChildren.org/BrushBookBed American Academy