

KIDS LOVE ROUTINES
BRUSH, BOOK, BED!



Brush, Book, Bed

A program of the
American Academy of Pediatrics

Brush!

Brush with fluoride
toothpaste for
minutes each
day & night



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



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