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