

Brush, Book, Bed A program of the American Academy of Pediatrics

Brush!

Brush with fluoride toothpaste for **I** 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

American Academy

KIDS LOVE ROUTINES BRUSH, BOOK, BED!



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before

bedtime