



# Brush, Book, Bed:

## A Routine to Structure Your Child's Bedtime.



Kids love routines! **Brush, Book, Bed** combines 3 important activities into a fun and easy nighttime routine: brush teeth, read a book, and go to bed.

### Brush

Each night, here's how you can help your children [brush their teeth](#).

- Before teeth come in, **use a soft washcloth to wipe your baby's gums** after each feeding and before bed.
- **Once even just one tooth appears, brush two times a day** with fluoride toothpaste.
  - ✓ **Under age 3:** toothpaste about the size of a grain of rice.
  - ✓ **Ages 3–6:** toothpaste about the size of a small pea.
- It's okay to let your child practice brushing, but **they need your help to do the best job!**

### Book

After you have helped your children brush their teeth, [it's time to read!](#)

- It's okay to **let your child pick the books** to read.
- **Children love to hear your voice.** Act out the story using your voice, hands, and face.
- **Point out and name pictures in the books you read.** Ask questions as you read. "Where's the puppy?" "What color is the ball?"

### Bed

After brushing teeth and reading together, [it's time to go to bed](#).

- **Make daytime playtime.** Play and exercise during the day will help your children sleep at night.
- Put your children to bed when drowsy but still awake so they learn how to **fall asleep on their own**.
- To prevent tooth decay, **avoid putting babies in bed with a bottle** of milk or juice.
- The safest way for babies to sleep is **on their backs**, in their own crib, **without soft objects like blankets, pillows, or stuffed animals**.

Do your best to start your routine every night at the same time, 30 minutes before bedtime, so that you have enough time to brush teeth, read together, and go to sleep.

For more tips on what to include in this bedtime routine, visit [www.HealthyChildren.org/BrushBookBed](http://www.HealthyChildren.org/BrushBookBed).

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