

Brush, Book, Bed

Set a regular nighttime routine that includes brushing teeth, reading together, and then bed.



kids love routines—brush, book, bed

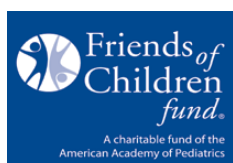
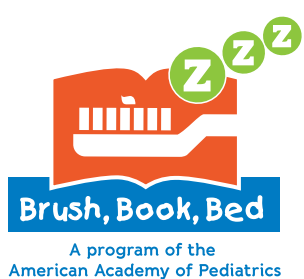
Learn more at www.HealthyChildren.org/BrushBookBed.

American Academy of Pediatrics

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