



## **BACK TO SCHOOL WITH BRUSH, BOOK, BED!**

School bells are ringing and it's time for kids to head back to school. Here is a great bedtime routine recommended for young children by the American Academy of Pediatrics. Thirty minutes before bedtime start out with brushing teeth, followed by reading together, and going to sleep.

### BRUSH

- From birth: Use a soft washcloth to wipe your baby's gums after feedings and don't put babies in bed with a bottle of milk or juice.
- Under age 3: As soon as you can see any teeth, start brushing morning and night with a soft bristle toothbrush and a smear (grain of rice) of fluoride toothpaste.
- Ages 3 – 6: Brush morning and night with a small pea-sized amount of fluoride toothpaste. It's okay to let your child practice brushing, but they need your help to do the best job! You should apply the toothpaste and brush their teeth, being sure you reach all sides and their tongue. It's also okay to let them practice on their own first! Once teeth touch, they should also be flossed.

### BOOK

- Children love to hear your voice – sing, talk, and read aloud as much as possible.
- Name and point to things in pictures of books. As they get older (12-18 months), ask them questions as you read a book. "Where's the puppy?" or "What color is the ball?"
- Act out the story or pictures with your face, hands, and voice.
- Babies love sturdy books with pictures and rhymes. It's okay if they chew the book! It is how babies explore the world around them.
- Let your child pick out a book (or two!) to read. This encourages healthy independence.
- Read stories everyday but let your child decide how long you read.

### BED

- Make daytime playtime. Talking and playing with your children during the day will help them sleep for longer periods during the night.
- Put your children to bed when drowsy, but awake. This teaches them to fall asleep on their own from being awake.
- Babies should sleep on their backs without pillows, blankets, or stuffed animals in the crib. Babies should not share a sleep surface with a parent. The safest place for them is in a crib in a parent's room.
- When your baby fusses during the night, wait a few minutes. See if they can fall asleep on their own, if not, check on them.
- Keep your baby calm and quiet during nighttime feedings or changings.
- When your older child awakes in the night, first place a stuffed animal or blanket in his bed to help him to learn how to console himself. Before age one, stuffed animals and blankets should not be placed in the bed with the baby.

For more information: [https://www.aap.org/en-us/Documents/BBB\\_Parent\\_Handout.pdf](https://www.aap.org/en-us/Documents/BBB_Parent_Handout.pdf)