



# 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 [HealthyChildren.org/BrushBookBed](https://HealthyChildren.org/BrushBookBed).

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. This publication has been developed by the American Academy of Pediatrics. The authors and contributors are expert authorities in the field of pediatrics. No commercial involvement of any kind has been solicited or accepted in the development of the content of this publication. Copyright © 2023 American Academy of Pediatrics. You may download or print from our website for personal reference only. To reproduce in any form for commercial purposes, please contact the American Academy of Pediatrics. The persons whose photographs are depicted in this publication are professional models. They have no relation to the issues discussed. Any characters they are portraying are fictional.

This infographic is supported by the Grant or Cooperative Agreement Number, [5NU380T000282-05-00], funded by the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the Department of Health and Human Services.