

What is your nightly bedtime routine?

Pleasant and consistent bed time routines ease the way for your children to feel comfortable and secure. This is a time for you to enjoy together. By incorporating these 4 B's you are turning challenge into routine and protecting those little teeth in a big way.

Bath. A warm bath along with comfy and cozy pjs allows your child to start to relax.

Brush. Two minutes with a soft wet cloth or soft tooth brush while singing your favorite brushing song puts brushing in a whole new light, stress free. Remember, nothing to eat or drink after brushing keeps the sugar bugs away.

Book. Together time reading a good night book. Then it's book away and into

Bed. Hugs and kisses for sweet dreams and restful nights with clean sparkling teeth.

More tips? We have lots. We're here just for kids!

dr.forn

pediatric dentistry with a smile!