**Brush, Book, Bed!**

**Why routines matter**

Routines are important to establish good habits, and to make sure that toothbrushing isn't forgotten. The tools and tips below will help make your "brush, book, bed" routine easier!

**Suggested steps to a good bed time routine**

- Do the same relaxing things at the same time each night - for example a warm bath will help your child relax and get ready for sleep
- Change into night clothes and a fresh nappy
- Brush their teeth
- Put them to bed
- Read a bed time story
- Dim the lights in the room to create a calm atmosphere
- Give a goodnight kiss and cuddle

**How to brush your baby's teeth**

Health Visitor Penny explains how you should brush your child's teeth and the importance of getting into a routine of regular brushing.

**Take your child to the dentist before their first birthday**

Find dentists at: www.nhs.uk/dentists or call Healthwatch on 0116 251 8313

Leicester City Council's Oral Health Promotion Service is running events across National Smile Month 2018 to highlight key oral health messages.