



**FREE Monthly Books
for ALL Plumas County
Children, 0 to age 5
Sign Up NOW!**



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www.imaginationlibrary.com



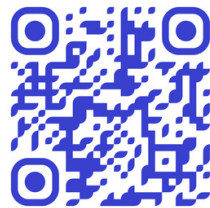
Brush, Book, Bed

American Academy of Pediatrics,
recommends this simple ritual at the
end of the day:

1. Each night, help your children to **floss and brush their teeth**
2. **Read a favorite book** (or two)!
3. **Get to bed at a regular time each night.**

Source American Academy of Pediatrics (Copyright @ 2024)

Play Elmo's "Brushy Brush" Song



Brush, Book, Bed



Funded in Plumas County by:



**Plumas County
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GROWING HEALTHY COMMUNITIES



Plumas County Children and Families Commission

Brush

Each night, help your children brush their teeth.

- Before teeth come in, use a soft washcloth to wipe your baby's gums after each feeding and before bed.
- Once even just one tooth appears, brush two times a day with fluoride toothpaste.

Under age 3: toothpaste about the size of a grain of rice.

Ages 3–6: toothpaste about the size of a small pea.

It's okay to let your child practice brushing, but they need your help to do the best job!

Let the Brushing Games Begin!



Book



After toothbrushing and before bed, find a comfortable spot to sit and read with your child.

Spending some time, even just **15 minutes each day**, to read aloud together will help improve your child's language development and social-emotional skills.

Make up your own stories, use silly voices, sing songs, and just enjoy this special bonding time with your child.

Visit your local library and sign up for the Imagination Library to give your child the opportunity to explore different kinds of books.

Remember, **it is never too early to share books with your child.** As your child ages, so will the kind of books he or she enjoys.

Source: American Academy of Pediatrics (Copyright @ 2024)

Bed

Sleep is very important to your child's health and well-being. In fact, good sleep habits start from birth. However, getting young children to sleep (and to stay asleep) is often one of the most daunting tasks of parenthood. Regardless of your child's age, the key is to have a predictable series of steps that help them wind down from the day.



Set regular bedtimes (and, if appropriate, nap times) and stick to them. Do not wait for your child to start rubbing their eyes or yawning — that's probably too late. **Putting your child to bed even 15 to 20 minutes earlier can make a big difference and ensure everyone has a good night's rest.**

