



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

[More on establishing good routines](#)

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.



[How do I brush my child's teeth?](#)

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.

[Click to see timetable of events](#)