

## Brush, Book, Bed

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## Disclosure

- I have no relevant financial relationships with the manufacturers(s) of any commercial products(s) and/or provider of commercial services discussed in this CME activity
- I do not intend to discuss an unapproved/investigative use of a commercial product/device in my presentation.

# Objectives

- Learn about the American Academy of Pediatrics (AAP) program Brush, Book, Bed (BBB)
- Review the key teaching points behind the messaging of BBB
- Discuss how this program can be initiated at the level of an individual practice and across the state as a whole
- Introduction to adjunct goals of our chapter along with BBB

# About me

- From Wichita, Ks
- Residency- Barbara Bush Children's Hospital at Maine Medical Center
- General Pediatrician at Ascension Via Christi in Wichita
  - Hospitalist, Clinic, Newborn
- Dental Champion w/ Oral Health Kansas
- KAAP Oral Health Advocate



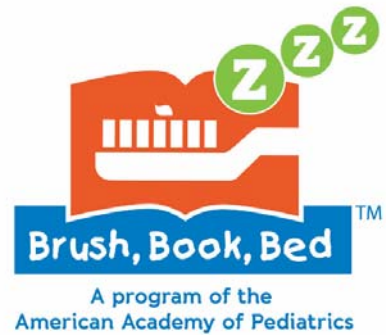
KidFest 2018 Wichita, Ks

# Brush, Book, Bed

**Brush, Book, Bed** is an AAP Program with a simple and clear message for parents:

Each night:

1. Help your children to brush their teeth
2. Read a favorite book (or two!)
3. Get to bed at a regular time each night.



The program is intended for children 6 months to 6 years old, similar to literary programs across the country, i.e. Turn A Page, Touch A Mind (TAP-TAM)

[www.HealthyChildren.org/BrushBookBed](http://www.HealthyChildren.org/BrushBookBed)



- Promote **Brush, Book, Bed** throughout the entire state
- Messaging provided at every 3 year old Well Child Check
- Families also provided with a free toothbrush and age-appropriate book encouraging good dental health
- Intention:
  - Improve statewide pediatric dental hygiene, childhood literacy, and youth sleep hygiene

# Brush, Book, Bed in Kansas

- Partner with TAP-TAM to provide a book with a dental health message to children at 3 year old Well Child Check visit



- Confirm a dental home has been established and patient has visits every 6 months

**DELTA DENTAL®**

- Partner with Delta Dental to provide a toothbrush at same visit

- Side goal: Toothbrushes to be ecologically lower impact with bamboo handles

woobamboo!  
KIDS' "Sprouts" TOOTHBRUSHES



- Provide families with the AAP's BBB Caregiver Handout

## Caregiver Handout

### How to Structure Your Child's Nighttime Routine

KIDS LOVE ROUTINES - BRUSH, BOOK, BED!

**Brush, Book, Bed** is a program of the American Academy of Pediatrics to help parents develop healthy nighttime routines. Start your routine every night at the same time, 30 minutes before bedtime so that you have enough time to brush teeth, read together, and go to sleep. For tips on what should be included in this routine visit [www.HealthyChildren.org/BrushBookBed](http://www.HealthyChildren.org/BrushBookBed).



#### Brush

Each night help your children to brush their teeth.

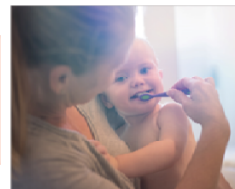
- **From birth:** Use a soft washcloth to wipe your baby's gums after feedings and don't put babies in bed with a bottle of milk or juice. Avoid sharing items with your baby that have been in your own mouth. Once moving on to solids, choose foods that are less likely to cause cavities and limit sugary and sticky foods.
- **Under 3:** As soon as you can see any teeth, you can start to brush! Brush two times a day with a smear (grain of rice) of fluoride toothpaste.
- **3-6:** Brush two times a day with a pea-sized amount of fluoride toothpaste. It's okay to let your child practice brushing, but they need your help to do the best job! Put the right amount of toothpaste on the brush for them and brush their teeth, being sure you reach all sides and their tongue. It's also okay to let them practice on their own first! Once both brush, they should also be flossed.
- **Always:** Limit sugary foods and drinks to only at mealtimes. Limit juice to only 1 glass a day and only 100% juice for children over age 1. Between meals, encourage them to drink only water. Fluoridated water is best. **Start going to the dentist by age 1, and go two times a year going forward.**



#### Book

After you have brushed your children's teeth, it's time to read.

- **Children love to hear your voice** - sing, talk, and read aloud as much as possible.
- **Name and point to things** in pictures of books. As they get older (2-3) ask them questions as you read a book, "Where's the puppy?" or "What color is the ball?"
- **Act out the story** or pictures with your face, hands and voice.
- **Babies love story books with pictures and rhymes.** It's okay if they chew the book! It's how babies explore the world around them.
- **Let your child pick out a book** (or two) to read. This encourages healthy independence.
- **Read stories everyday** but let your child decide how long you read.



#### Bed

After brushing teeth and reading together, it is time to go to bed.

- **Make daytime playtime:** Talking and playing with your children during the day will help them sleep for longer periods during the night.
- **Put your child to bed when drowsy, but awake.** This teaches them to **fall asleep on their own** from being awake.
- **Babies should sleep on their backs** without pillows, blankets, or stuffed animals in the crib. Babies should not share a sleep surface with a parent. The safest place for them is in a crib in a parent's room.
- **When your baby fusses during the night, wait a few minutes.** See if she can fall asleep on her own. If not, check on her.
- **Keep your baby calm and quiet** during nighttime feedings or changings.
- **When your older child awakes in the night,** first place a stuffed animal or blanket in his bed to help him to learn how to console himself. Before age one, stuffed animals and blankets should not be placed in the bed with the baby.



American Academy of Pediatrics  
Committee on Sleep Medicine and Sleep



## Brush, Book, Bed



- A consistent wind down routine helps send signals to your child's body that it is time to go to sleep, and stay asleep
- This routine works even better when initiated at nearly the same time every night

## Routine is Key

- Stable routines help a child to feel safe, reduces stress, and participate in daily activities more successfully
- Bedtime can be a very stressful time in many households due to a lack of routine the child can rely on consistently



- Early Childhood Caries (ECC) is a particularly virulent form of caries that spreads rapidly in the mouth and can result in severe forms of dental disease
- Regular brushing can help remove some of the harmful bacteria that causes caries as well as removing the food particulates the bacteria thrive on

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Oral-Health/Pages/Oral-Health.aspx>



- Even infants should have their gums wiped after each feeding
- Once the first tooth appears parents can start brushing using a smear of toothpaste
- Beginning at 2-3 years old children should start brushing twice a day, using a soft bristle brush and a pea-sized amount of fluoridated toothpaste along with the supervision/assistance of a parent

Image from AAP Pediatric Guide to Children's Oral Health Flip Chart, 2010



- Reading to an infant or child greatly increases their language comprehension
- Children are more likely to interact with books when this behavior is modeled by adults
- Children develop literacy skills more quickly when they have immediate and personalized feedback by a present adult (versus electronic media)

<https://mytoddlerisreading.com/how-to-teach-a-3-year-old-to-read-at-home>



- Remind parents they do not need to be literate or speak the same language in the book to help pass on certain literacy skills and a joy for books
  - “It’s not about the words.”
- Books with messages about dental health help prompt the child and parents to review good dental hygiene practices and their daily importance





Recommended Amount of Sleep for Pediatric Populations\*

| Age                           | Recommended Sleep Hours per 24 Hour Period |
|-------------------------------|--|
| Infants: 4 to 12 months       | 12 to 16 hours (including naps)            |
| Toddlers: 1 to 2 years        | 11 to 14 hours (including naps)            |
| Preschoolers: 3 to 5 years    | 10 to 13 hours (including naps)            |
| Gradeschoolers: 6 to 12 years | 9 to 12 hours                              |
| Teens: 13 to 18 years         | 8 to 10 hours                              |

\*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).

Source: Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kline S, Lloyd RM, Mihalov B, Nichols C, Quan SF, Rosen CL, Tröster M, Wise M. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. *J Clin Sleep Med*. 2016 May 25; pii: 0033-16. PubMed PMID: 27050929.

<https://www.healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspx>

- Screen exposure is contributing to less sleep and a poorer quality of sleep in all ages
- Having a consistent wind-down routine helps increase the amount of time between last screen exposure and attempts to fall asleep
- Children are more likely to stay asleep through the night if they have a consistent routine



- Adequate sleep promotes a healthier immune system, better school performance, behavior, memory, and mental health
- Inadequate sleep contributes to irritability, difficulty concentrating, hypertension, obesity, headaches and depression

<https://www.healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspx>

- # Brush, Book, Bed

**KIDS LOVE ROUTINES  
BRUSH, BOOK, BED!**

**Brush, Book, Bed**  
A program of the  
American Academy of Pediatrics

**Brush!**  
Brush with fluoride  
toothpaste for  
minutes each  
day & night

**Book!**  
**SING, TALK & READ**  
Talk and read  
aloud as much as  
possible to your child

**Bed!**  
Start your nighttime  
routine 30 min  
before  
bedtime

**KIDS LOVE ROUTINES—brush, book, bed**

**American Academy of Pediatrics**  
1300 Montgomery Avenue, Suite 100, Silver Spring, MD 20910  
www.aap.org

Partners:

American Dental Association  
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National Sleep Foundation

- # Cepillarse, Libro, Cama

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## Steps to Implementation

1. Get buy-in from your practice and co-workers.
2. Identify a Brush, Book, Bed Champion who will coordinate the program, and inspire the staff.
3. Get training for staff on oral health, early literacy, and sleep. This includes coding/billing information and where to order dental supplies.
4. Obtain supplies and set up the practice for easy implementation. This may take a few [PDSA cycles](#) to find out what works best in your particular office.
5. Reach out to dental referral sources and establish relationships/make them aware of your efforts around Brush, Book, Bed.
6. Consider if you will need to receive donations of books, tooth brushes, etc. It may be possible to partner with a community organization, dentist, or to host a book drive to reach your goals.
7. Develop a sustainability plan and/or evaluation plan using the survey tool included in the appendix or some other assessment.
8. Make small goals (such as varnishing 25% of your patients under age 3) and celebrate when they are achieved.

## Final Pearls

- Consider making this a mini-focus at all 3 year old well child checks
  - Update electronic visit templates
  - Download the free support materials from the AAP to provide to families
- Keep a look out for the TAP-TAM approved dental health book to accompany this discussion
- Hopefully anticipate an accompanying toothbrush

Thank you