

Brush, Book, Bed

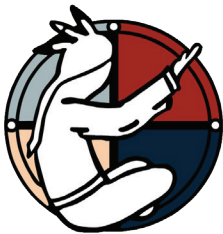
Your baby feels secure when you offer them a constant routine and he/she knows what to expect. Start your baby's night time routine 30 minutes before bed at a regular time.



Book/Mzin'higan

It's never too early to start to read to your baby.

The skills a baby needs to read and write are developed from birth. Read to your baby every night to bond and create a love of reading. Tell your babies stories about your culture.



Brush/Gziiyaabdeh

Before teeth appear: Clean your baby's mouth every night with a clean washcloth or finger brush and water.

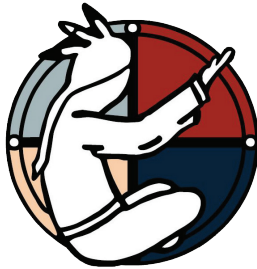
When teeth appear: Brush your baby's teeth every night with a rice size amount of fluoridated toothpaste.



Bed/Nbaagan

Early bedtime helps children physically, emotionally, mentally and spiritually.

Set a regular bed time early in life and it can help ease bedtime stresses later on. Do not put your baby to sleep with a bottle, this can cause severe tooth decay.



There are supports in your community that can help with many aspects of family well-being including bed time routines.

Your family/Ezhi-wdoodegziyeg is important to us!



Professionals at the Biigtigong Mno-zhi-yaawgamig & the Children and Family Learning Centre are here to support your family's well-being:

- Dental Hygienist
- Community Health Nurse
- Family Outreach Worker

Biigtigong Mno-zhi-yaawgamig: (807) 229-1836
Children and Family Learning Centre: (807) 229-0198

www.picriver.com