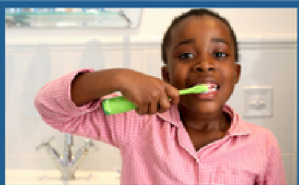


HEALTHY ROUTINES FOR HEALTHY KIDS

BRUSH



Cepille | 牙刷 | Magsipilyo

BOOK



Libro | 书籍 | Libro

BED



Cama | 床 | Kama



#BrushBookBedLB
LongBeach.gov/oralhealth

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BRUSH



- Brush twice each day for two minutes with fluoride toothpaste.
- Floss teeth daily to clean areas your toothbrush can't reach.
- See a dentist for a check-up and cleaning twice each year.

cdhc.org

BOOK



- Read with your children to bond with them.
- Reading helps spark language skills.
- See their imagination grow as you prepare them for academic success.
- Bedtime reading will foster lifelong readers.

all4kids.org

BED



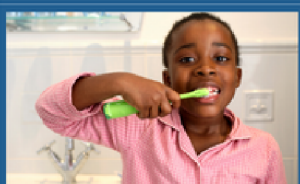
- Children need a good night's sleep every night to do well in school and to grow properly.
- Set a bedtime and stick to it.
- Start a bedtime routine 30 minutes before bedtime.

texaschildrens.org

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CEPILLE



- Cepille dos veces al día por dos minutos con pasta dental con flúor.
- Use hilo dental diariamente para limpiar las áreas que su cepillo de dientes no alcanza.
- Visite a su dentista para un chequeo y limpieza dos veces al año.

cdhc.org

LIBRO



- Lea con sus hijos para establecer una relación con ellos.
- Leer ayuda a estimular las prácticas lingüísticas.
- Vea como crece su imaginación mientras los prepara para el éxito académico.
- Leer a la hora de dormir crea lectores de por vida.

all4kids.org

CAMA



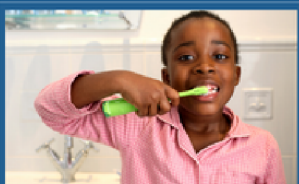
- Los niños necesitan dormir bien todas las noches para hacer un buen trabajo en la escuela y crecer adecuadamente.
- Establezca una hora para dormir y cúmplala.
- Cumplase una rutina para dormir 30 minutos antes de la hora de dormir.

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HEALTHY ROUTINES FOR HEALTHY KIDS

BRUSH



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BOOK



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BED




Cama | 睡觉 | Kama



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MAGSIPILYO

- Magsipilyo ng  dalawang beses sa isang araw ng dalawang minute gamit ang toothpaste na may fluoride.
- Gumamit ng floss araw araw para linisin ang lugar na hindi maabot ng sipilyo.
- Magpatingin sa dentista para magpa-check up at magpalinis dalawang beses bawat taon.

cdhc.org

LIBRO



- Magbasa kasama sa mga bata para magkipag-bonding.
- Ang pagbabasa ay nakakatulong sa kaalaman sa spelling.
- Tignan ang kanilang imahinasyon lumago habang inihahanda sila sa kanilang tagumpay sa pag-aaral.
- Pagbasa bago matulog ay nakaktulong sa paghulma ng mga habangbuhay na pagbabasa.

all4kids.org

KAMA



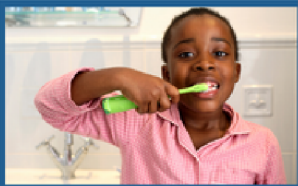
- Mga bata ay kailangan ng mahimbing tulog bawat gabi para maging mahusay sa paaralan at ng lumaki ng wasto.
- Magtakda ng oras ng pagtulog at panindigan ito.
- Simulan ang gawi ng pagtulog 30 minutos bago matulog.

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HEALTHY ROUTINES FOR HEALTHY KIDS

BRUSH



Cepille | ដុសធ្មេញ | Magsipilyo

BOOK



Libro | អានសៀវភៅ | Libro

BED



Cama | ចូលគេង | Kama



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ដុសធ្មេញ



- ដុសពីរដងក្នុងមួយថ្ងៃជាមួយថ្នាំដុសធ្មេញ ដុសម្តងៗរយៈពេលពីរនាទី។
- សម្អាតធ្មេញដោយប្រើ floss រាល់ថ្ងៃ ដើម្បីសម្អាតកន្លែងដែលច្រាសដុសមិនដល់។
- ទៅជួបពេទ្យធ្មេញដើម្បីពិនិត្យសុខភាពធ្មេញនិងសម្អាតវាពីរដងក្នុងមួយឆ្នាំ។

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សៀវភៅ



- អានសៀវភៅឱ្យកូនៗស្តាប់ ដើម្បីបង្កើនភាពស្មើគ្នាជាមួយពួកគេ។
- ការអានសៀវភៅជួយពង្រឹងជំនាញភាសា។
- មើលឃើញការស្រមៃស្រមៃរបស់ពួកគេកើនឡើង ក្នុងពេលបងប្អូនត្រៀមខ្លួនពួកគេសម្រាប់ភាពជោគជ័យក្នុងការសិក្សា។
- ការអានពេលចូលគេងនឹងជួយជំរុញក្មេងឱ្យក្លាយជាអ្នកចូលចិត្តអានមួយជីវិត។

all4kids.org

ចូលគេង



- កុំមានត្រូវការគេងស្ងប់ស្ងួលរាល់យប់ ដើម្បីរៀនពីកែនៅសាលា និងដើម្បីល្មតលាស់ល្អ។
- កំណត់ម៉ោងចូលគេងនិងគោរពតាមម៉ោងនោះ។
- បង្កើតទម្លាប់មួយនៅ ៣០ នាទីមុនចូលគេង។
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