



Dear bOHP Subscribers,

In light of working with families to establish healthy bedtime routines -- Brush, Book, Bed -- we highlight a great book list developed by the *Maryland Dental Action Coalition* and the *University of Maryland Health Sciences and Human Services Library*. We hope you find this to be a useful resource.

Best Wishes and Happy Holidays,
The bOHP Team



Oral Health Books for Children

Oral Health Care

Highly Recommended

Brush, Floss, and Rinse: Caring for Your Teeth and Gums*

Amanda Doering Tourville, Picture Window Books, 2009

Ready, Set, Brush

Sesame Street, Readers Digest Children's Books, 2008

Brushing Teeth

Mari Schuh, Capstone Press, 2008

Toothful Tales: Becoming Me Cavity Free

Jeanette Flannery Courtad, DDS
Mentors International Publications, 2015

Recommended

Brush, Brush, Brush!

Alicia Padron, Scholastic, 2010

Brush Your Teeth Please

Leslie Mcguire, Studio Fun, 2013

Flossing Teeth*

Mari Schuh, Capstone Press, 2008

Pony Brushes His Teeth

Michael Dahl, Picture Window Books, 2013

Have You Ever Seen a Moose Brushing His Teeth?

Jamie McClaine, JAFS Inc., 2003

Visiting the Dentist

Highly Recommended

At the Dentist*

Mari Schuh, Capstone Press, 2008

Going to the Dentist

Anne Civardi, Usborne, 2010

Dentists Help

Dee Ready, Capstone Press, 2013

Dentists

Kristin L. Nelson, Lerner Publishing Group, 2005

Recommended

Max Goes to the Dentist*

Adria F. Klein, Picture Window Books, 2006

My Dentist, My Friend

P. K. Hallinan, Ideals Children's Books, 2002

A Visit to The Dentist's Office

Patricia J. Murphy, Capstone Press, 2005

A Day in the Life of a Dentist

Heather Adamson, Capstone Press, 2004

The Berenstain Bears Visit the Dentist

Stan and Jan Berenstain, Random House, 1981

General Information About Teeth

Highly Recommended

Loose Tooth*

Mari Schuh, Capstone Press, 2008

Mouth*

Cynthia Klingel and Robert B. Noye, Gareth Stevens Publishing, 2010

I Know Why I Brush My Teeth

Kate Rowan, Scholastic, 2000

Recommended

All about Teeth*

Mari Schuh, Capstone Press, 2008

Snacks for Healthy Teeth*

Mari Schuh, Capstone Press, 2008

The Tooth Book

Dr. Seuss, Random House, 2003

The book list and additional information about each book is available at <http://guides.hshsl.umaryland.edu/dentistry/DentalBooksForChildren>

**Bilingual edition also available*

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Brush, Book, Bed

Set a regular night time routine that includes brushing teeth, reading together, and bedtime.



Kids love routines—brush, book, bed

Learn more at www.HealthyChildren.org/BrushBookBed

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



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