

FIVE IMPORTANT B'S FOR EVERY CHILD EVERY DAY!



BATH...personal hygiene is a life long skill and children rest well when they are clean and relaxed!



BRUSH...your teeth are useful every day and children need to be shown how to take care of them. Other children and adults pick up on **BAD BREATH** and they do not want to be near those who have it!



BOOK...reading is the foundation of ALL learning. If your children see you reading, they will know that reading is important to you too!
If you are watching TV each night, then that is what children see as important!



BED...our bodies need rest...we are not able to function properly when we are tired and cranky. Make sure your child is getting enough sleep....11 hours is recommended for young children!



BREAKFAST...just like cars need fuel, our bodies need breakfast!
Even a banana or peanut butter toast will do!

