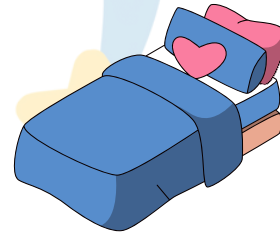


# Healthy Routines for Healthy Kids



## Three Things You Need to Do Each Night!



## Brush, Book, Bed!



## Sing Along!

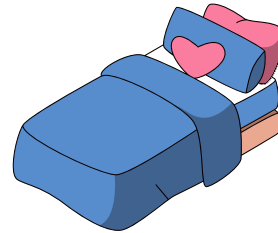
## Free Download!



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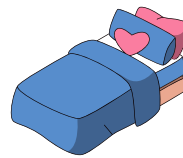


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# If This is Your Goal



Then this is your recipe for success!



**Brush, Book, Bed!**



**Sing Along!**  
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