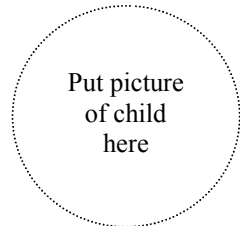


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TAKING CARE OF ME



Get
plenty of
sleep



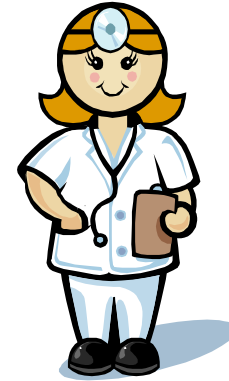
Brush
your
teeth



Exercise



Visit the
doctor



Take a
bath



Eat
healthy
food



Follow the directions for the hot dog book. Print this page on sticker or label paper. Stick on the pages of the hot dog book. Put a picture of your child on the front page.