1. 安装pip3 install flask-bootstrap
2. 导入：from flask\_bootstrap import Bootstrap
3. 使用：例子manage.py
4. **from** flask **import** Flask,render\_template  
   **from** flask\_bootstrap **import** Bootstrap  
   **from** flask\_script **import** Manager  
     
   app=Flask(\_\_name\_\_)  
   bootstrap=Bootstrap(app)  
   manager=Manager(app)  
     
   @app.route(**'/'**)  
   **def** index():  
    **return** render\_template(**'index.html'**)  
   **if** \_\_name\_\_==**'\_\_main\_\_'**:  
    manager.run()
5. index.html
6. {%extends 'bootstrap/base.html' %}  
     
   {%block title%}我是博客{%endblock%}  
     
   {%block navbar%}  
   <**nav class="navbar navbar-default"**>  
    <**div class="container-fluid"**>  
    *<!-- Brand and toggle get grouped for better mobile display -->* <**div class="navbar-header"**>  
    <**button type="button" class="navbar-toggle collapsed" data-toggle="collapse"  
    data-target="#bs-example-navbar-collapse-1" aria-expanded="false"**>  
    <**span class="sr-only"**>Toggle navigation</**span**>  
    <**span class="icon-bar"**></**span**>  
    <**span class="icon-bar"**></**span**>  
    <**span class="icon-bar"**></**span**>  
    </**button**>  
    <**a class="navbar-brand" href="#"**>Brand</**a**>  
    </**div**>  
     
    *<!-- Collect the nav links, forms, and other content for toggling -->* <**div class="collapse navbar-collapse" id="bs-example-navbar-collapse-1"**>  
    <**ul class="nav navbar-nav"**>  
    <**li class="active"**><**a href="#"**>Link <**span class="sr-only"**>(current)</**span**></**a**></**li**>  
    <**li**><**a href="#"**>Link</**a**></**li**>  
    <**li class="dropdown"**>  
    <**a href="#" class="dropdown-toggle" data-toggle="dropdown" role="button" aria-haspopup="true"  
    aria-expanded="false"**>Dropdown <**span class="caret"**></**span**></**a**>  
    <**ul class="dropdown-menu"**>  
    <**li**><**a href="#"**>Action</**a**></**li**>  
    <**li**><**a href="#"**>Another action</**a**></**li**>  
    <**li**><**a href="#"**>Something else here</**a**></**li**>  
    <**li role="separator" class="divider"**></**li**>  
    <**li**><**a href="#"**>Separated link</**a**></**li**>  
    <**li role="separator" class="divider"**></**li**>  
    <**li**><**a href="#"**>One more separated link</**a**></**li**>  
    </**ul**>  
    </**li**>  
    </**ul**>  
    <**form class="navbar-form navbar-left"**>  
    <**div class="form-group"**>  
    <**input type="text" class="form-control" placeholder="Search"**>  
    </**div**>  
    <**button type="submit" class="btn btn-default"**>Submit</**button**>  
    </**form**>  
    <**ul class="nav navbar-nav navbar-right"**>  
    <**li**><**a href="#"**>Link</**a**></**li**>  
    <**li class="dropdown"**>  
    <**a href="#" class="dropdown-toggle" data-toggle="dropdown" role="button" aria-haspopup="true"  
    aria-expanded="false"**>Dropdown <**span class="caret"**></**span**></**a**>  
    <**ul class="dropdown-menu"**>  
    <**li**><**a href="#"**>Action</**a**></**li**>  
    <**li**><**a href="#"**>Another action</**a**></**li**>  
    <**li**><**a href="#"**>Something else here</**a**></**li**>  
    <**li role="separator" class="divider"**></**li**>  
    <**li**><**a href="#"**>Separated link</**a**></**li**>  
    </**ul**>  
    </**li**>  
    </**ul**>  
    </**div**>*<!-- /.navbar-collapse -->* </**div**>*<!-- /.container-fluid -->*</**nav**>  
     
   {%endblock%}

实例可以在<https://v3.bootcss.com/components/> 中找到