

# Tooth Decay and Baby's Bottle

**This Can Be Your Child ....**

**OR**

**This Can Be Your Child!**



**Healthy Teeth & Gums**



**Decay**



**Advanced Stage of Decay**

## **Decay is Preventable!**

- Don't let your baby sleep with a bottle in its mouth. Even milk can cause decay if a baby is let sleep with it in its mouth. Finish feeding before putting baby to bed.
- Don't put sweet drinks, fizzy drinks, tea, fruit drinks or juice (for example blackcurrant, orange or apple juice) in a baby's bottle.
- Never dip a soother (dummy) in honey, jam or anything sweet.
- Encourage drinking from a sippy cup from six months. Try to stop bottle use by your child's first birthday.
- Start brushing/cleaning your child's teeth when the first tooth appears. Do not use a Fluoride toothpaste for children under 2 years unless advised by a Dentist.
- Once weaned, baby's should be given a balanced diet. Sugary foods should be avoided. Check food labels e.g breakfast cereals can be high in sugar.

