

**STOP
DENTAL
DISEASE**

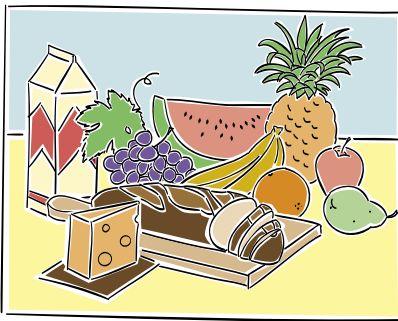
**PREVENTING BABY BOTTLE TOOTH
DECAY OR EARLY CHILDHOOD CARIES**



Never put a baby to bed with a bottle, unless it has only water in it.



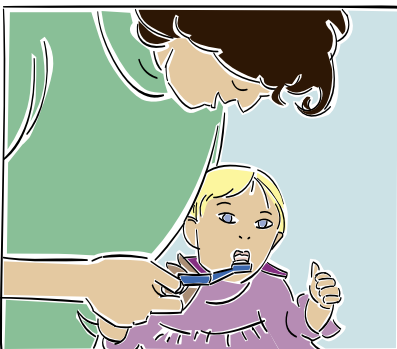
Introduce a feeding cup between ages 6 and 8 months. Use a regular cup (no sipper cups).



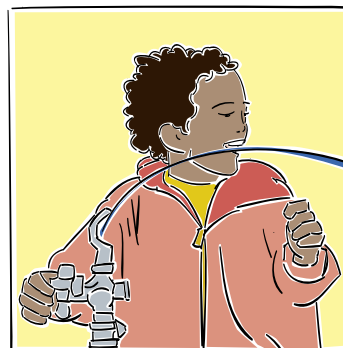
Limit sweet, sticky, starchy snacks. Snacks like cheese, plain yogurt, whole grain cereals or breads, fruits and vegetables are better.



Wean from the bottle by the first birthday.



Start cleaning teeth as soon as the first teeth erupt. Clean the mouth, gums and teeth at least daily.



Encourage children to drink water rather than fruit juices or sweet drinks when thirsty.