



Tooth Decay and Baby's Bottle



Healthy Teeth



Tooth Decay



Advanced Stage Decay

Decay is preventable!

- ✦ It is best to let your baby sleep without a bottle in its mouth. Even milk can cause tooth decay. Finish feeding before putting the baby to bed.
- ✦ Milk and water are the best drinks. Avoid sweet drinks (juices, sugary tea, fruit drinks, fizzy drinks, flavoured milk) in the baby's bottle.
- ✦ Encourage drinking from a free flow sippy cup from six months. Wean off the bottle to an open cup by their first birthday.
- ✦ It is advised not to dip your baby's soother (dummy) in honey, jam, or anything sweet.
- ✦ From birth, wipe gums with a clean damp soft cloth after feeding and before bed. Brush your child's teeth when the first tooth appears using a small soft toothbrush and water in the morning and at night before bed. Do not use a fluoride toothpaste for children under 2 years unless advised by a dentist.
- ✦ Once weaned, babies should be given a balanced diet. Sugary foods can be harmful for teeth. Check food labels e.g., breakfast cereals can be high in sugar.
- ✦ Visit your dentist by your baby's first birthday.

