

WHAT'S IN YOUR BABY'S BOTTLE?



The sugar in fruit juice (including fresh or natural juice), soft drink, cordial or sweetened milk can cause tooth decay in infants, particularly if consumed from a bottle. Tooth decay in baby teeth is difficult to treat and can cause ongoing oral health problems.

Water, breast milk or formula are the only drinks that babies need.

DO YOU PUT YOUR BABY TO BED WITH A BOTTLE?

A dummy should be used rather than a bottle, where possible, if your baby needs settling to go to sleep. If you are having difficulty weaning your baby off the bottle, water is OK.

THINGS TO REMEMBER:

- If you put your baby to bed with a bottle, make sure it contains water only.
- Look after your baby's teeth now to avoid problems later. Don't give your baby sugary food and drinks.
- Before baby teeth come through, gently wipe their gums with a soft, damp cloth once a day.
- Once the baby teeth come through, brush them with a small children's toothbrush using tap water until 18 months of age, then introduce a low fluoride toothpaste.

