

How to Give Children Beverages to Prevent Primary Tooth Decay



DO



Give juice and milk only at meal times (with breakfast, lunch, or dinner).



Give water, preferably tap water, if child is thirsty between meals.



Give only breast milk, if possible, from birth to age 6 months.



Give children ages 6 to 12 months only breast milk, milk, or formula in their baby bottle.



Teach children to drink from a sippy cup starting at 6 months of age.



Stop using a baby bottle by age 12 to 14 months.

DON'T



Do not give juice to babies under age 12 months.



Do not allow continuous use of sippy cup or baby bottle throughout the day.



Do not put a child to bed, either at bedtime or for a nap, with a baby bottle filled with milk, juice, or any other beverage that contains sugar. If child must have a bottle to sleep, fill with water and remove when child falls asleep.