

I'll have water, please!

Going to bed with a bottle of milk or juice can cause a problem called **baby bottle tooth decay**.

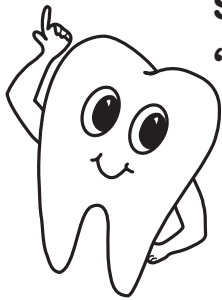
A tooth with decay can cause great pain and can cost a lot of money to fix.

To prevent this problem

- **Put water in** nap or bedtime bottles.
- Don't let baby carry around a bottle or sippy cup filled with a sweet drink.
- Don't dip pacifiers in anything sweet.
- By the first birthday, teach your baby to drink from a cup.
- Clean baby's mouth with a clean, damp cloth after each feeding and before bed.



Smiley AL



says

“Don’t forget!”

It is time fo
a checkup!

Name _____

Date _____

Day _____

Time _____

To:
