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 for a checkup!

Name __________________________

Date __________________________

Day ____________________________

Time __________________________

To: ____________________________