

Bottles and Cups

Did You Know?

Breast milk, milk, formula, juice, and soda pop contain sugar. When your child breast feeds, or drinks out of bottles or cups (filled with breast milk, milk, formula, juice, or soda pop) all day or all night long, the sugars stay on your child's teeth. This causes cavities.

It is best to offer your child water in a bottle or cup between meals and snacks and at bedtime.



Take the Healthy Mouth Challenge!

I will:

- Offer my child water in a bottle or cup between meals and snacks.
- Not serve juice or other sweet drinks in a bottle or cup. *Save these drinks for special occasions.*

