

Water Is Best for Teeth and Body

Did You Know?

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, sippy cup, or cup between meals and snacks.
- Not serve juice, soda pop, or other sweet drinks in a bottle or cup.
- If I put him to bed with a bottle or cup, fill it only with water.

