

What's Next? Water Is Best!

Did You Know?

- You should talk with your medical provider when it's time to introduce water.
- When you begin serving single grain cereal to your baby, mix it with water, breastmilk, or formula—**NOT** juice.
- When you're ready to introduce liquids besides breast milk or formula, offer your baby water.
- Babies **DO NOT** need juice, soda pop, or other sugary beverages. These drinks cause cavities and should be avoided.
- If you feed your baby during the night, when baby is ready, start substituting water for breast milk or formula.
- If you eventually put baby to bed with a bottle, fill it only with water.



Take the Healthy Mouth Challenge!

I will:

- Ask my medical provider when my baby should start drinking water.
- When it's time to start liquids besides breast milk and formula, serve water instead of juice, soda pop, or other drinks.

