

# Think About Your Baby's Teeth

prevent early childhood tooth decay  
sweet drinks are not meant for sippy cups and bottles



## You Can Prevent Early Childhood Tooth Decay

- Breastfeed
- Brush baby teeth whether breastfeeding or bottle-feeding
- Wipe gums daily from birth and then brush teeth twice daily
- Plain water only in bedtime bottle or sippy cup
- Avoid constant sipping of sweet drinks between meals \*
- Stop using bottle and sippy cup by 14 months
- Take special care of your teeth during pregnancy
- Severe early childhood tooth decay can affect your baby's health

\* Every sip of a sweet drink causes teeth to be attacked by cavity-causing bacteria for 20 minutes.

\*\* Sugar content in 1 cup (8 ounces)



*Brush  
Baby Teeth*

**Healthy Smile Happy Child Project 2004 (The Manitoba Collaborative Project for the Prevention of Early Childhood Tooth Decay)**  
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For more information about early childhood tooth decay contact your local dentist, dental therapist/hygienist, physician, nurse or the Manitoba Dental Association.

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