

don't rot your baby's teeth

cordial
16.5 grams
sugar*



juice
26.3 grams
sugar*



soft drink
26.3 grams
sugar*



water
0 grams
sugar*



Sweet drinks are not good for your baby and are most likely to cause tooth decay.
You can prevent tooth decay in your baby.

- Breastfeed
- Put only breast milk, formula or water in the bottle or sipper
- Use the bottle for feeding, not as a comforter
- Do not leave a bottle with your baby in bed at night
- Introduce a cup or sipper for drinks from about six months of age
- Try to stop the use of the bottle from about 12 months of age
- Avoid constant sipping of sweet drinks and sweet snacks between meals**
- Do not share spoons or clean teats or dummies by placing in your own mouth
- Brush baby teeth from when they first come through, without any toothpaste
- Use a small, soft toothbrush
- Use half a pea size amount of low dose fluoride toothpaste after baby turns two
- Keep your own teeth healthy

* Sugar content per 250 ml.
Each sugar cube represents 4.5 grams of sugars.

** Every time sugars enter the mouth it causes teeth to be attacked by decay-causing bacteria for 20 minutes.