



Your child may cry or fight giving up the bedtime bottle. The following can help:

- Give a clean pacifier
- Hold or rock your child
- Sing or play music
- Use a musical toy
- Give a back rub
- Read to your baby
- Give a favorite blanket or toy

These can also help make weaning easier when you and your baby are ready.

Remember, you are making these changes out of love.

What one thing will you do to make sure your child's teeth are healthy?

Adapted from
Idaho Department of Health & Welfare
WIC and Dental Health Programs



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
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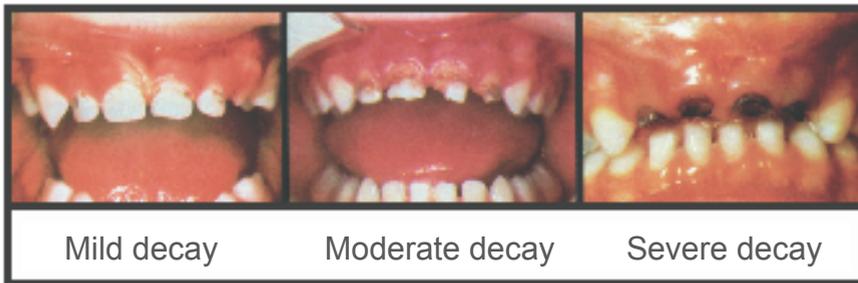
Keep your baby smiling... Prevent early childhood cavities



Does your child:

- Go to bed with a bottle filled with milk, formula, or a sweetened drink?
- Drink from a bottle throughout the day?
- Use a pacifier dipped in sugar or honey?

If your child does one or more of the above, he or she could get early childhood cavities.



Early childhood cavities happen when liquids that contain sugar are left in a baby's mouth for a long time. Even formula contains sugar.

Baby teeth are important. When they are decayed a child may have pain, eating and speech problems, and a poor self-image. If baby teeth are lost too early, the permanent teeth may come in crowded or out of line.

Start early to protect your child's teeth.

1. Your child should see a dentist before age one.
2. Put your baby to bed without a bottle.
3. Begin teaching your baby to drink from a cup around 6 months of age. Offer water, breast milk or formula. Juice is not recommended during a baby's first year.
4. Avoid soda and other sweet drinks.
5. Don't let your child drink from a bottle all day long.
6. Wean your baby from the bottle by 1 year of age.
7. Clean your baby's mouth twice each day:



- If your baby has no teeth, clean gums with a clean washcloth.
 - If your baby has teeth, brush teeth with a soft toothbrush and appropriate amount of fluoride toothpaste.
8. Check with your doctor or dentist to make sure your child is getting enough fluoride each day. Fluoride protects teeth from decay.

You have the power to prevent cavities!