

AVOID THE BABY BOTTLE BLUES



Use the baby bottle correctly:

- Only put breast milk, formula or water in the bottle. *Soda, tea, juice or any other liquid in the bottle can cause tooth decay!*
- Clean baby's mouth after each feeding.
- Never put your baby to bed with a bottle. *This can cause tooth decay and cavities!*
- The bottle is not a pacifier. Soothe your baby by singing to him or offering her a favorite toy.
- Begin weaning your baby off the bottle at 9 months. Use a sippy cup with a soft spout.

**ASK YOUR
DOCTOR
OR YOUR
DENTIST TO**

**CHECK YOUR
BABY'S TEETH
BY AGE 1.**

