

# TIPS AND TRICKS

## BABY BOTTLE TOOTH DECAY

Baby bottle tooth decay is when the infant or small child develops cavities. These cavities usually are on the front teeth, but can be on any of the baby's teeth. These cavities may look like dark pits or holes and can even be broken. These teeth can



Baby bottle tooth decay happens during naps and bedtime when the baby is put to bed with sugary drinks and the sugary liquid sits on the teeth, as there is less saliva to rinse the teeth during sleep and baby's do not swallow the drinks as quickly as if they are awake, therefore the sugary liquids sit on the teeth and causes decay.



Try to wean your baby from a bottle by age one, by having them drink from a cup at 6 months of age.



Put your child to bed without a bottle, if they need a bottle to go to sleep, fill it with plain tap water.



Clean your baby's teeth with a soft infant toothbrush or wet washcloth after each snack or meal and before bedtime.



Do not let your baby walk around and constantly drink sugary drinks all day. Constant drinking of sugary drinks does not give teeth a chance to rinse off.



Baby teeth can be harmed if the baby is put to bed with a bottle filled with fruit juice, soda, milk, formula, or sugar water.



Try feeding your baby before putting him or her to bed, wiping the teeth and gums when they are finished eating or drinking.

### Here are some "healthy" tips to help with the transition baby from bottle to cup:

- Offer milk, water or 4-6 oz of 100% juice in a cup
- Treat milk and 100% juice as food, offering it a mealtimes rather than a snack
- Encourage the child to sit when drinking from a cup
- Use a "sippy" cup only for water

### Here are unhealthy practices during the transition process:

- Using a baby bottle or "sippy" cup for juice or milk
- Using "sippy" cups that have valves where bacteria can easily grow
- Using "sippy" cups as a pacifier or toy, allowing the child to walk around with it
- Giving the child soda or other sweet beverages, 100% fruit juice

