



From Bottles to Cups



Keep your child's teeth healthy and help prevent speech delay by following these tips:

DO

- Introduce a free flowing cup when you start weaning around 6 months



- Brush your child's teeth just before sleeping



- Try to stop bottles after the age of 1 years



DON'T



- Put squash or juice into bottles
This causes tooth decay



- Leave your child alone with a drink at sleep times



- Add honey or sugar to milk in a bottle or cup

