

# Give your child's teeth a healthy start



Breast milk is best for your baby. If you are not breastfeeding, use infant formula.



If bottle feeding, take the bottle away when your child has finished feeding.



Sweet drinks are not meant for the bottle or sippy cup. From 12 months, baby can have plain tap water in a cup.



Put your child to bed **without** a bottle.



Lift your child's lip once a month to check for early signs of tooth decay.



Clean your child's teeth as they come through, with a clean cloth or a small soft toothbrush.