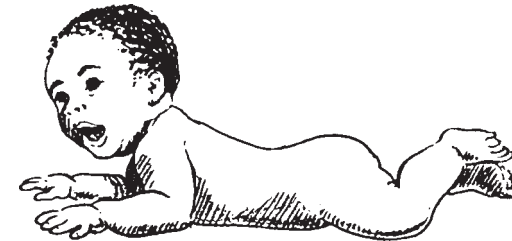




## Tips to help your child fall asleep without a bottle or spill-proof cup:

- Hold your baby and rock in a rocking chair.
- Play soft music or sing quietly to your baby.
- Read a book or tell your child a quiet story to prepare for sleep.
- Give your baby a clean pacifier.



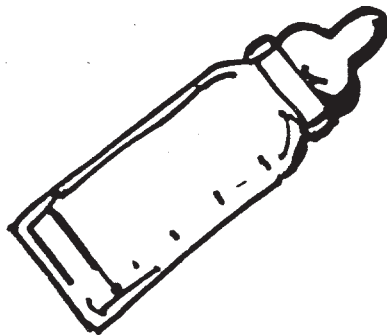
## Your Baby: Bottle Feeding and Tooth Decay

Tooth decay in babies is serious. A baby can have painful toothaches and teeth may turn black and have to be pulled. If teeth are lost early, a baby can have problems with chewing and learning to talk. Permanent teeth may also be damaged as they develop.

## What causes tooth decay in babies?

Bacteria that live in your baby's mouth cause tooth decay. The bacteria live by eating the sugar your baby drinks. Sugar is not just in sweetened drinks and juice, but is also in formula. Tooth decay can begin when sweet liquids or formula are in your baby's mouth for a long time. This can happen when:

- babies fall asleep with a bottle or spill-proof cup in their mouth.
- babies carry a bottle or spill-proof cup and drink from it all day long.



## What can I do to prevent decay in my baby's teeth?

- Breastfeeding is the best way to feed your baby and prevent tooth decay.
- If bottle feeding, always hold your baby when he or she is drinking from the bottle.
- Put your baby to bed **without** a bottle or spill-proof cup.
- **Do not put soda, sweetened drinks, fruit drinks, or fruit juice into your baby's bottle or spill-proof cup.** Your baby does not need these drinks.
- When your baby is 6 months old he or she can begin to drink from a cup.
- Slowly decrease use of bottles as your baby gets close to one year old.

