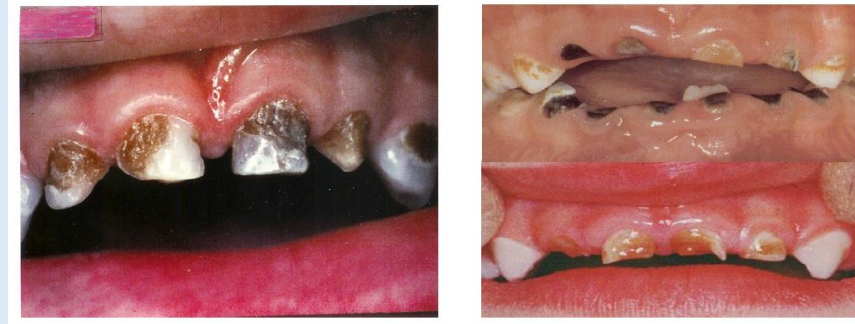
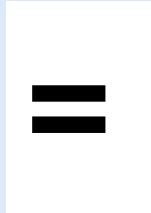


Bury's advice on keeping babies and children's teeth healthy

Sweet drinks, or juice in a bottle can quickly damage teeth



Fresh milk and water are the only safe drinks for teeth

If you choose to provide juice, keep it to **mealtimes only** to reduce the acid attack

Doidy cups or free flow cups can be introduced from 6 months old.

Be aware! Feeder cups that don't spill are just bottles in disguise!



**STOP the bottle by
age 1 at the latest**