

Plain milk or water, the best choice for your child's smile



- ☺ A free flow cup is the first stage of your baby's progress to an open cup.
- ☺ Drinks are the main cause of tooth problems in children.
- ☺ Many drinks, even the no added sugar types, contain sugars or artificial sweeteners. Don't give these drinks to young children.

Don't ruin your child's smile,
watch what they drink