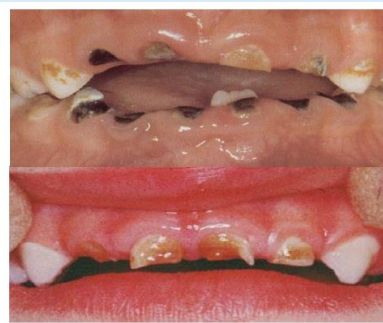
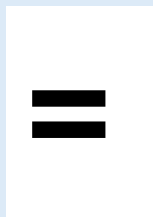


# Bury's advice on keeping babies and children's teeth healthy

**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