Baby Bottle Tooth Decay (Early Childhood Caries) Prevention
Things to remember as your child grows:

* Baby Bottle Tooth Decay is decay caused by using a bottle during naps or at night, or nursing continuously.

**Birth to Six months:**

Gently wipe baby’s gums and tongue with a moist baby washcloth or gauze pad at least once per day.

As the first teeth appear, continue to wipe with a washcloth or use an infant-size toothbrush to gently clean the teeth.

Use only water or milk/formula in a bottle.

Avoid pacifiers dipped in honey or filled with honey. The high sugar content of the honey contributes to tooth decay, and certain bacteria in the honey can make young children sick.

**Six months to One year:**

At six months, offer a cup for water or juice. Never offer juice or soda in bottles.

Do not let a baby or toddler sleep with a bottle filled with anything but plain water.

“Lift the Lip” each month to check for white spots or brown spots on teeth.

At twelve months, wean from the bottle to a cup.

Do not let toddlers sip all day on a bottle or “sippy” cup.

Serve water instead of juice or soda.

Have your child’s teeth checked by the doctor or dentist by his first birthday.

**One year and up:**

Limit eating and drinking to meal or snack times for older children. Constant sipping or snacking can lead to tooth decay.

Parents should help brush their children’s teeth until they are 6-8 years old.

Begin flossing when the teeth begin to touch each other.

Parents should help floss their children’s teeth until they are 8-10 years old.