



## Milk left on teeth overnight can cause tooth decay.

- If your koolangka like a bottle at bedtime, take it out before they fall asleep.
- The best way is to hold the bottle yourself – and remove it when baby is done.
- And after they finish the feed, wipe their gums with a clean cloth too.
- It's important to only use breast milk or baby formula – never put juice, soft drink or honey in bottles or on dummies.
- Around 6 months, you can start introducing a cup for drinks.
- From their first birthday, try using cups all the time.



**Using a cup for drinks can help protect their little teeth.**



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