

Advice on other drinks

Water - after six months of age water is a great drink to quench thirst between meals. In the UK use tap not bottled water. Only give cool boiled water to babies under six months of age when required, ask your health visiting team for advice.

Flavoured waters - many contain artificial sweeteners and are not intended for babies and toddlers. Many of these drinks can contain as much as 10% sugar, which can cause tooth decay.

Cow's milk - from 12 months you can start to give full fat cow's milk as a main drink, it contains calcium, which is important for strong bones. Cow's milk will not cause tooth decay.

Flavoured milk, milk shakes and milk based smoothies - all contain sugars and can cause tooth decay. Never give these between meals or last thing at night.



Diluted fresh fruit juice (one part juice to ten parts water) - can be given from six months of age at mealtimes only. Never give between meals, as fresh fruit juice contains natural sugars, which can decay teeth. When given at mealtimes with iron rich food, fresh fruit juice can help the absorption of iron into the body. Always give it in a cup not a bottle.

Baby drinks - are not recommended. Many contain sugar which decay the teeth.

Tea and coffee (even unsweetened) - are not suitable drinks for babies or young children, they affect the way your child absorbs iron.

Fizzy drinks, cordials and squashes, even the no added sugar types - contain sugars, fruit sugars or artificial sweeteners. It is not recommended that you give these drinks to babies or toddlers.

When reading labels - check for sugars

Many drinks contain sugars. These will be listed on the label: **glucose, glucose syrup, fructose, concentrated fruit juice, sucrose, dextrose, honey, inverted sugar, maltose, hydrolysed starches.** These are all sugars and can cause tooth decay.

Artificial sweeteners are not recommended for babies and toddlers. You may see these listed on drinks labels as: **saccharine, aspartame, acelsulfame k.**

Drinks containing sugar can cause tooth decay



Remember

- Breast milk is the best drink for your baby.
- Give breast or formula milk, as the main drink, at least up to the age of one.
- Sugar-containing drinks can ruin your baby's teeth as well as their smile.
- Introduce a cup by the age of six months and aim to have your baby off the bottle by their first birthday.
- Always use a free flowing (not non spill) cup for your child.
- After the age of six months, water is the best drink between meals.
- After one year of age you can give cow's milk as a drink.

**Your health visiting team
can give you advice on
feeding your child**



Breast milk or infant formula should be the main drink throughout the first year of life.

Breast milk is the best drink for your baby. Breast fed babies do not require any other drinks in the first six months of life.

- Continue with breast milk or infant formula as a main drink when you wean your baby.
- Bottle fed babies may require additional fluid. Always take extra care when making up infant formula; carefully measure the powder and water. Your health visiting team can advise you on this.

Avoid using soya based formula or follow on milks unless a doctor or health visitor advises it. They contain sugars, which can cause tooth decay.

TOP

Choosing drinks without sugar for your baby will:

- ☺ set healthy habits for life
- ☺ protect first teeth from decay
- ☺ keep your baby's smile looking good
- ☺ improve your baby's overall health
- ☺ help them maintain a healthy weight



Cups: a step forward for your baby

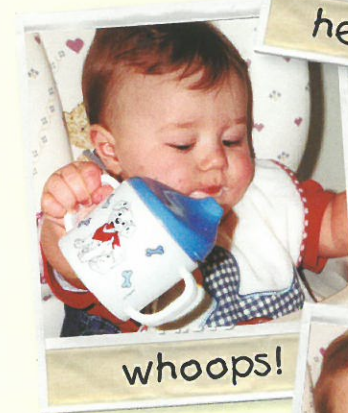
- Never give sugary drinks in bottles; they can cause very rapid tooth decay. Sugary drinks in cups can decay teeth too.
- Introduce a cup at six months and aim to have your baby off the bottle by their first birthday.
- Using a free flowing spouted cup is the first stage of your baby's progress to an open cup.
- Valve cups (non spill types) are not recommended, as they can cause tooth decay and speech problems.
- Never give your baby sweet drinks last thing at night, or during the night if they wake up. Other danger times for sweet drinks are:- between meals, in the buggy or car seat, or as a comforter.
- Take drinks away after meals, do not leave in view where your child can pester for them or help themselves.
- Never leave your child alone during the day or when they are in bed with a cup or a bottle, as they may choke.



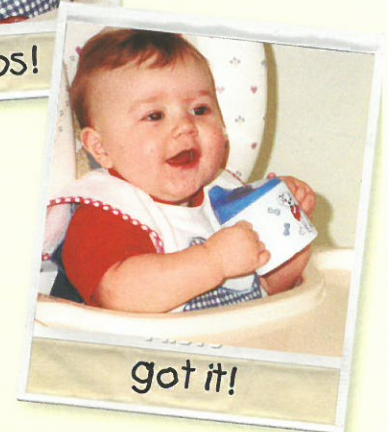
Learning to drink from a cup is messy and fun...



here goes!



whoops!



got it!

...but it's all part of growing up

Choose a free flow feeder cup