Look After Your Child’s Teeth!

cool kids
use cups!

Remember... By the age of one year your child should be drinking from a cup
START EARLY

From now on...

- Encourage your child to sip water from a cup without a spout
- Your child should be offered only water or milk to drink between meals
- Watch out! there may be a tooth about, and it needs brushing
- Use a family fluoride toothpaste

Remember that your Health Visiting Team is always happy to offer advice and support