

Bottle and Sippy Cup Use

- Water and milk are fine.
- Sugary liquids can cause cavities.



- Bottles and Sippy Cups allow liquids to remain in contact with the teeth for long periods of time.
- Children should never be put to bed with a bottle or sippy cup unless they contain plain water.
- Avoid placing liquids in bottle or sippy cups that can cause cavities: Juice, Soda pop, Kool-aid, etc.
- Limit juice to no more than 4 to 6 oz daily for children 1 to 6 years. Encourage children to eat whole fruits.