CAVITIES & NIGHT-TIME BOTTLES

At the end of the day, put the sippy cup away.

Did you know that night-time bottles filled with sugary drinks put your child at risk for cavities?

Quick tips for sparking clean teeth:

- Avoid giving your child a bottle at night.
- Milk, juice, or soft drinks leave sugar on teeth that cavity-causing bacteria love to eat!
- When sugar is on teeth all night long, cavities are more likely to form.
- If your child has trouble sleeping without a bottle, try to offer only water, which helps prevent cavities by washing away sugar!
- Behavior change takes time! Be patient; it could be a couple weeks before your child nods off to sleep with a sip of water and no bottle.

Visit www.eamail.uconn.edu or www.eatright.org/childrenshealth or www.choosemyplate.gov for more tips and recipes!
Visit www.snap4CT.org for food resource benefit information

This material is funded by USDA/SNAP. This institution is an equal opportunity provider. Created by UConn student Kate Walder.