



Advice for Children age 0-3 Years

Food and Drink

- **Breastfeeding for as long as possible provides the best nutrition for babies.**
- **Introduce a drinking cup for infants from the age of 6 months.**
- **If possible, stop bottle feeding completely by the age of 1 year.**
- **Do not add sugar to drinks/weaning foods.**
- **Avoid milk, sugary foods or drinks before bed. Water is suitable before bed and after brushing**
- **Ask for sugar free medicines if possible.**

Toothbrushing

- **Brush your child's teeth twice daily**
- **Ensure they spit out instead of swallowing toothpaste**
- **Limit the toothpaste amount to a small smear.**
- **Toothpaste should contain at least 1000ppm Fluoride**