



## TIPS TO AVOID CARIES IN YOUNG CHILDREN

- Breastfeed the child, even on demand, during the first six months of life.
- If the child is bottle-fed, he should be taken into the caregiver's arms for the feeding, and then put to bed once he falls asleep, without a bottle or sweetened pacifier.
- Outside of breastfeeding or bottle-feeding times, give child water to drink without added sugar.
- Limit the use of fruit juice to the amount required to balance the child's diet. A few ounces a day are enough for a young child. Additional amounts should be in the form of fresh fruit.
- Between bottle feedings, do not give additional bottles containing fruit juice, fruit punch or soft drinks. Their natural acidity fosters decalcification by erosion. This is also true for diet soft drinks, which have an acid pH.
- When the child reaches the age of six months, he should be able to drink out of a training cup. Give him his daily juice with the training cup, which reduces the time his teeth are in contact with the acid.
- If properly done (gradual reduction of frequency with the addition of other foods), breastfeeding or bottle-feeding can be continued after six months. At the age of one, the child should stop using the bottle and be using the training cup. Faster swallowing reduces the contact period with the liquid.
- Do not give teething biscuits. They provide no real benefit and are a food of choice for bacteria.
- When the child begins to have a varied diet, do not give him cookies, candy, pastries, fruit juices, or sweet drinks during the day. Pieces of fruit, cheese, some vegetables, and small sandwiches are better for his health