

# Taking Care of Baby's Teeth - Bottle Weaning Tips

Does your child fall asleep with a *bottle of milk or a sugary drink*?  
Is your *12 month old child* still drinking from a bottle?

If yes:

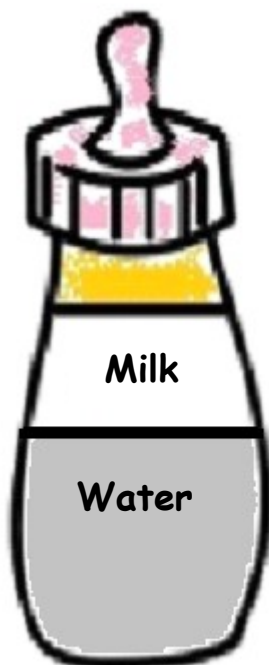
- Slowly *introduce water* into the bottle.
- Increase the amount of water slightly each week for a *4-6 week period*.
- By week 4-6, the child will either continue to take the water bottle or avoid the bottle entirely. *This will reduce the risk for early childhood tooth decay.*



Start



Week 1



Week 2



Week 3



Week 4



**Healthy Smile Happy Child Initiative**

For more information visit Healthy Smile Happy Child at: [www.wrha.mb.ca/healthinfo/preventill/oral\\_child.php](http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php).

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