**Baby Has Teeth!!**

How to Help Your Child Have Healthy Teeth…

It is extremely important that your child go to sleep at night without sugary drinks like juice, milk, flavored waters, or sweet tea. Cavities develop quickly this way. Too often we see little ones with different color spots, lines on their teeth. This is decay, a bacterial infection that can spread! Cavities can abscess, even become life threatening. See Frontline: <http://www.pbs.org/wgbh/frontline/article/tragic-results-when-dental-care-is-out-of-reach/>

We all know how kids love their sweets so we came up with a way to help you get them used to less sweet drinks as you make the way toward water only – or water and Xylitol - in their bottles and cup. Even milk will cause decay, especially if they sip throughout the day or night. Milk – especially breast milk – has nutritional value. Let’s take care of your child’s teeth while they have their milk.

So, please follow this plan. You will be exchanging small amounts of the sugary liquid for water over time s-l-o-w-l-y so they will accept it better. To get the benefits of fruit, switch to sauces, purees then pieces of fruit as your child grows. Sweet tea, soda adds sugar, caffeine and all sorts of chemicals – not nutrition! At this crucial time in your baby’s growth, all foods and drinks need to be chosen to aid your child’s healthy growth and development. Their brain and body (temperament and mood too!) should do so much better with nutritious food and drink instead of filling up on empty calories. No junk! As they grow, offer milk at meals only, being sure to practice good oral hygiene.

**You need to do this for all sugary drinks especially at bedtime or sipping throughout the day!**

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| **Day One (Today!)** | Swap out one teaspoon of sugary drink for water. *Do not let them see you!* Happily, lovingly offer it to your child. ☺ |
| In 4 days | Swap out 2 teaspoons of sugary liquid. Take out 2 teaspoons of sugary drink and put in 2 teaspoons of water. Offer happily! ☺ |
| In 4 more days | Swap out 3 teaspoons of sugary liquid. Take out 3 teaspoons of sugary drink and put in 3 teaspoons of water. Offer happily! ☺ |
| Keep going with the change… | Every 4 days, take out one more teaspoon of sugary liquid until there is none left! Congratulations! You are helping your child be even healthier! Going well? Maybe make a change in less days, or trade out a bit more sugary liquids for water – the quicker it goes, the healthier! ☺ |

If at any time your child resists the new program, instead of using a teaspoon of water, change to half a teaspoon. Don’t give up! It will work with small changes and your loving commitment. For example

* ½ teaspoon of juice taken out and ½ teaspoon of water added. Then in 4 days… ☺
* 1 teaspoon of juice/milk taken out and 1 teaspoon of water put in. Then in another 4 days…
* 1½ teaspoons of juice taken out and 1½ teaspoons of water added. Keep going! ☺

Any questions or concerns, call us. We want to do all we can to help!

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