

Stay hydrated



Start to introduce your baby to drinking from a cup or beaker from around 6 months and offer sips of water with meals.



Add chopped fruits like berries, kiwi and apple to make water taste and look interesting.



Let your child choose their own water bottle – they are likely to drink more if they like their bottle!



Fruit juice and smoothies contain natural sugars and acids which can cause tooth decay. Children under 5 should not have fruit juice. Children over 5 should have no more than 1 glass (125ml) per day served at mealtimes.



Milk and water are the best drinks to keep me hydrated. These drinks are best for my teeth too.



Scan the QR code for further information and ideas

