

Smarter Smiles Newsletter-

Open cups/easy flow cups



When should my baby start drinking from a cup?

Dentists recommend babies start to learn to drink water from a cup from six months old.



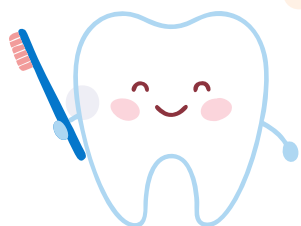
Choosing a cup.

Dentists recommend using an open cup or a free-flow cup or beaker.

Preventing tooth decay.

No-spill cups may damage young children's teeth.

Comfort sucking sweetened drinks from a bottle is one of the common causes of tooth decay.



Find out more.

For more dental top tips visit the Smarter Smiles Website.
<https://smartersmiles.co.uk/>

