



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Bottle Feeding

Bottle feeding after age one can damage your child's teeth



WATER

MILK

DATE



WATER

MILK

DATE



WATER

MILK

DATE



WATER

DATE

Use this guide to help wean your child from bedtime and naptime bottles that contain milk or juice.

At age one, your child should be drinking from an open cup.

Choose a "Dilute" start date, fill in the dates as you continue diluting every 3 or 4 days until there is only water in the bedtime bottle.

Hang this on the fridge to help remind you of your goal to reduce your child's risk of tooth decay.