**DO give your child**

- Breast milk or formula
- Tap Water after 6 months
- Cow’s milk after 1 year

**DON’T give your child**

- Soft drinks eg. cola
- Fruit Juice
- Flavoured milk
- Cordial
- Coffee/Tea

**Put your child to bed WITHOUT a bottle**

For more information contact
SA Dental Service Health Promotion Division 8222 9016 www.sadental.sa.gov.au