

**The root of  
tooth decay  
may be time  
spent with this  
sippy cup.**



**When juice, soda or milk stay on your child's teeth too long, the sugar in these drinks can cause tooth decay.**

**TAKE THESE STEPS:**

- Offer water — it has no sugar
- Avoid putting sugary drinks in sippy cups or bottles
- Help your child drink from a regular cup by age one

**For more information, call 311 or visit [nyc.gov](http://nyc.gov) and search for "TEETH"**

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Health