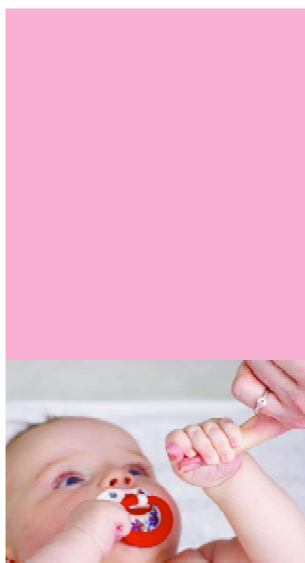


Breaking the bedtime bottle habit

If you give your child a bottle at bedtime, stopping all at once will not be easy. To stop this habit, try putting water in the bottle. If this is turned down, try giving your child a clean soother. If your child cries, do not give up. Comfort your child and try again. It may take several nights to wean your child off the bottle. You may also want to try watering down your child's bottle over a week or 2, until there is only plain water left.



Why repair a baby tooth that is eventually going to fall out?

Your child's primary (baby) teeth are important and may be in your child's mouth until age 12. Your child needs these teeth to eat and to learn to speak properly. The health of your child's primary teeth can affect the health of the permanent (adult) teeth. Primary teeth hold the space for permanent teeth and help guide them into the correct position. They also contribute to healthy jaw development. Broken or infected teeth can affect your child's self-image.

The Canadian Dental Association recommends that parents bring their child to the dentist within 6 months of the arrival of the first tooth or by 1 year of age.