

# 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



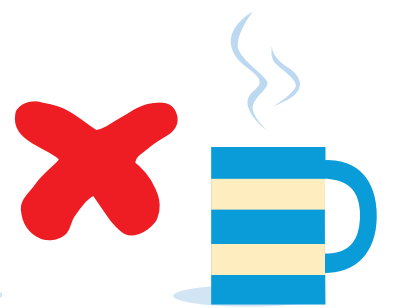
Fruit Juice



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](http://www.sadental.sa.gov.au)



Government of South Australia  
SA Health