



TOOTH SMART

Tips to stop Sweet Drinks

Sweet drinks including all fruit juices, cordials, soft drinks, sports drinks & flavoured milks can cause tooth decay.



Have a jug of tap water available at meal and play times.

Take a bottle of tap water when you leave the house to avoid buying drinks later.

You can reduce sweet drinks by following these tips:

Only give sweet drinks at meal times.

Use an extra small cup and fill with lots of ice.

Dilute juice and cordial with extra water.

How to make water more interesting



- Use fun shaped ice cubes.
- Add a thin slice lemon to ice cubes before freezing.
- Use coloured and spiral straws.
- Decorate the rim of cups with mini 'cocktail' umbrellas & slices of fruit.
 - Use fun cups such as those you can decorate & colour-in (but never put sweet drinks in the fun cups- save them for water only)!

