



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)!

