



ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Bottles & Bedtime

Simple bedtime habits can help protect your baby's teeth from cavities.

Why it matters:

Milk, formula, juice, and other sweet drinks contain sugars. When these drinks stay on your baby's teeth during sleep, cavities can develop.

What to do:

- Hold your baby while bottle-feeding.
- Clean your baby's mouth before bed. Wipe your baby's gums with a soft, clean cloth. Once teeth appear, brush with a rice-sized amount of fluoride toothpaste.
- Put your baby to bed without a bottle.
- Try rocking, cuddling, singing, or reading instead.

What to avoid:

- Don't put your baby to bed with milk, formula, juice, or sweet drinks.
- Don't let your baby carry and sip from a bottle throughout the day.
- If your child uses a pacifier at bedtime, don't dip it in honey, sugar, or other sweet foods.
- After brushing, offer only water if your child is thirsty.

Brush, Book, Bed:

- The American Academy of Pediatrics recommends Brush, Book, Bed as a simple, healthy bedtime routine.
- BRUSH teeth. Share a BOOK. Go to BED.



Learn More:

- **Brush Book Bed**
[American Academy of Pediatrics](https://www.aapublicaffairs.org/brush-book-bed)
- **Brush Book Bed in Kansas**
[Oral Health Kansas](https://www.oralhealthkansas.org/brush-book-bed)
- **Want to know more about how much toothpaste to use?**
Check out the Tip and Trick on [Toothpaste Tips](#)

Finish feeding before brushing. The toothbrush should be the last thing to touch your child's teeth at night.