

Sample leaflets

How old is too old for a bottle or a dummy?

- In their first few months of life, babies have a natural sucking reflex. This makes breast-feeding, bottles and dummies very comforting for them.
- But as babies grow, they need to make different movements with their mouths so they can learn to speak and eat properly.
- Once you have started to introduce a beaker, you can begin to reduce the use of a bottle or dummy. Start by removing them whenever possible during the day. Then restrict them to bedtime, and remove as soon as your baby is asleep.

Protect your baby's teeth against decay. Don't give drinks (other than milk or water) in a feeding bottle. And don't dip a dummy in food or drink, especially sugary ones.

cool kids use cups

For further information contact your Health Visitor or Oral Health Promoter or Community Dietitian

cool kids use cups

A bottle may be given until 6 months

Replaced by code 582

Helpful tips to your baby

- You can start giving drinks from a cup when your baby is 6 months old.
- A good time to start using a cup is when you first introduce your baby to solid foods ("weaning").
- A cup without a lid is best because it helps your baby to develop a sipping action when they drink. If you use a cup with a lid, make sure the drink can flow out freely - check that some drops fall when you hold the cup upside-down.

Keep positive! Give your baby plenty of encouragement to learn to drink from a cup. Your aim should be to make the changeover from bottle to cup by your baby's first birthday. This will protect teeth, help to establish good eating patterns, and help avoid speech problems.

Encourage drinks at mealtimes rather than making drinks continually available. Lots of drinking can lead to children having a poor appetite and refusing food because they feel too full up.

Milk and water are the only safe drinks for teeth.

Never leave your baby alone when drinking because of the risk of choking.

Keep encouraging your baby to use the cup. Be patient if there are spills and accidents.

Our Students, Your Success



Children are encouraged to try many different types of activities. Some of the activities we offer are:

- **Indoor Activities**
 - Organized Free Play
 - Dramatic Play
 - Circle Time
 - Creative Arts Projects
 - Cooking
 - Science / Social Studies Activities
- **Outdoor Activities**
 - Playground Activities
 - Nature Walks
 - Gardening
- **Special Enrichment Programs**
 - Field Trips
 - Special Guest Visitors
 - Dragon Rider Reader

Our Mission

It is the mission of the Oxford School Age Child Care & Preschool Program to provide quality childcare in a safe environment for families and children enrolled. Through activities, we will involve, challenge, intrigue and assist children in ways that enhance their character and develop their minds and bodies.

A State licensed Child Care Center
&
A Members of the
Maine Quality Rating System



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Preschool Program
Ages 3 to 5 years old

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