

'Bin the Bottle, Dump the Dummy'



Derby Teaching Hospitals **NHS**
NHS Foundation Trust

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Derbyshire Community Health Services
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Derbyshire Children's Hospital in partnership with Health Education England - East Midlands and Derbyshire Community Health Services (DCHS) will be launching their maiden oral health promotion campaign, 'Bin the Bottle, Dump the Dummy'. This campaign will be based at the children's hospital outpatients department and led by our innovative dental fellow (Queenie Ong) and supported by the DCHS oral health promotion team (Madeleine Braithwaite and Alison Baxter) as well as the 4th year medical students from Nottingham University.

This campaign is aimed at parents, carers and children to raise awareness about the detrimental health effects of prolonged bottle feeding and dummy sucking habits. Prolonged bottle use with excessive intake of fluids (milk) and night time bottle feeding have been linked to an increased risk of early childhood caries, delayed speech development, iron deficiency anaemia and obesity. Additionally, dummy sucking habits have been associated with a negative impact on breast-feeding outcomes and speech development.

This campaign will be held at the Children's hospital outpatient department on the following dates:

4th December 2017 (1:30pm – 4:30pm)

8th December 2017 (9:00am – 12:30pm)

11th December 2017 (1:30pm – 4:30pm)

13th December 2017 (9:00am – 12:30pm and 1:30pm – 4:30pm)

Practical tips for introducing a cup



1. A cup can be introduced to an infant at around **five to six months of age**, once the infant is sitting up and able to hold their head steady.
2. An open cup should fully replace a bottle at around **one year of age**.
3. The cup should be made of appropriate food-safe material, have two handles and preferably no lid. A free-flow, lidded beaker (that lets the liquid run out when held upside down) is also suitable, but the lid should be removed to make an open cup as soon as the infant has learnt how to drink. Cups and beakers with non-drip valves are not suitable.
4. A small amount of water or milk (breast or formula) should be offered in a cup initially. From one year of age, full-fat cows' milk can be offered. For children over one year of age, **water** is the best drink to quench thirst and water or plain milk remain the best drinks.
5. Baby juice and fruit juice are not required by infants. Pure unsweetened juices contain free sugars and are acidic which can damage teeth. Parents who choose to give juice should be advised to dilute 1 part pure juice to at least 10 parts water, give only at mealtimes and in an open cup. Any other drinks (including squash, flavoured milks, smoothies, fizzy drinks) are not recommended for babies or toddlers. If parents choose to give these they should be restricted to mealtimes, given in an open cup and squash should be very well diluted with at least 10 parts water. The consumption of fizzy and/or sugary drinks should be minimised.
6. Tea, coffee and hot chocolate contain caffeine. Do not give to babies or young children.
7. A lidded cup or bottle should not be given to infants to help them get to sleep.
8. An infant should never be left alone when drinking and they should always be sitting upright. Avoid placing solid food (e.g. rusk or baby rice) into a cup or bottle.