By their first birthday, most babies are ready to wean from the bottle. Your child is counting on you to help him grow, learn, and make the switch from a bottle to a cup.

WAYS TO WEAN

Around 9 to 12 months of age, your baby will be able to drink well from a cup. It is a good time to start weaning from the bottle. Try to:

› Replace one bottle a day with a cup.

› Slowly reduce the amount of fluid in the bottle, and increase the amount offered in a cup. If you usually offer your child 6 ounce bottles, offer only 4 ounce bottles for a few days. Continue to reduce the ounces in the bottle and after a couple weeks offer all beverages from a cup.

› Toss the bottle. Keep bottles out of sight to encourage him to use a cup.

› Praise your child after he uses a cup.

› Tell your family, friends, and childcare providers about the plan to only offer drinks in a cup. Ask them to give love and attention to your child, not bottles.

› Your one-year-old may drink less milk when using a cup. That is okay. He only needs about 2 cups of milk each day.
Learning how to use a cup takes practice. Teach your baby to use a cup by helping him hold it while he sips. Start with small amounts of fluid until your baby gets used to the cup.

MESSY LEARNING

Learning how to use a cup takes practice.
- Teach your baby to use a cup by helping him hold it while he sips.
- Start with small amounts of fluid until your baby gets used to the cup.

WHAT SHOULD I PUT IN THE CUP?

Offer breastmilk, formula, or water in a cup. When your child starts cow’s milk around a year of age, put it in a cup and not in a bottle.

START A NEW BEDTIME ROUTINE

Bedtime can be a challenge for both parents and children. Instead of a bottle, try other ways to comfort your child.
- Read a book or sing a bedtime song.
- Offer a special toy or blanket for comfort.
- Quietly rock your child.
- Rub your child’s back and softly tell a story.

WHY TOSSED THE BOTTLE?

- It is easy to drink from a bottle. A young toddler drinking from a bottle often gets too much. Extra calories can lead to an unhealthy weight gain. Sugars in milk cling to teeth and increase the likeliness of tooth decay.
- Drinking from a cup helps develop mouth muscles needed for speech.
- A one-year-old using a bottle can fill up on milk and have a poor appetite for food. Too much milk and too little food can cause iron deficiency anemia.

TIP

Wean baby from the bottle around one-year of age. If you wait, your child will become more attached to the bottle and it will be harder to say goodbye to bottles.