




WEANING FROM THE BOTTLE

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:

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- 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.



WHY TOSS 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 likelihood 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.

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.

