Help your child change from the bottle to the cup!

You can help your child change to the cup by trying these tips:

- At around nine or 10 months of age, start cutting down on the number of bottles your child gets each day. Use the cup at mealtimes.
- Give your child healthy snacks between meals instead of a bottle. Give a little breastmilk, milk, or water in a cup.
- Help your child learn to take sips of breastmilk, formula, or water from the cup. Learning takes time so let them practice. Do not worry about spills.
- If morning and bedtime bottles are hard to give up, start weaning with the daytime bottles.
- Start practicing with a cup when your baby starts solids, typically around six months old. Try a small plastic cup. A cup with a lid is not as messy. It should have a hard spout. Some children like cups with handles.

**Weaning tip**
The American Academy of Pediatrics recommends weaning infants from their bottle by 15 months of age and no later than 18 months of age. By 12 to 14 months of age, most older infants are ready to leave the bottle behind and use a cup!

**Why a cup?**
Your child needs to eat a lot of different foods to grow. If they fill up on drinks from a bottle, they will not eat enough of the other good foods. Your child could have other problems from using a bottle too long, such as: anemia, ear infections, tooth decay, or too much weight gain.

**Bedtime**
Offer your child a snack and a cup with water, instead of a bottle, before bed. Brush their teeth after the snack.

Try other ways to comfort your child instead of a bottle:

- Give your child, if over 12 months old, a favorite blanket or toy when in bed.
- Hold or rock your child.
- Offer a clean pacifier.
- Play or sing music.
- Read a story.
- Rub their back.

**Breastfeeding**
If you are breastfeeding your child, that’s great! Just remember, breastfed babies can get cavities, too. Clean your child’s teeth and gums every morning and at bedtime.

**When you go out**
Take a healthy snack and a cup for your child, instead of a bottle. Take a few books or toys along to keep your child happy.

**Training cup warning:**

- If it’s not a meal or snack time, put only plain water in the training cup.
- Other liquids like juice, milk, and sweet drinks can cause tooth decay.

**Keep your child’s teeth healthy:**

- Brush your child’s teeth with a small, soft toothbrush with a tiny bit of fluoride toothpaste, twice a day.
- Take your child to a dentist by the time they get their first tooth.

It is up to you!
You can help your child grow well, be healthy, and have strong teeth. Help your child change from the bottle to the cup!

**MY FIRST CUP**

**Tips for using a training cup:**

- Be patient. It takes time to teach your child a new skill.
- Find that cup that works for your baby. Switch to an open cup as soon as your child can manage it.
- Give the training cup at meals or snacks while the child is seated. They only need to drink when they are thirsty or at meals.
- Let your child play with the cup before putting anything in it.
- Practice with a cup when your baby starts solids, typically around six months old.
- Use a four to six-ounce training cup, small enough for little hands. Start with a small amount of breastmilk, formula, or water.

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