



## WEANING YOUR BABY OFF THE BOTTLE

The American Academy of Pediatrics recommends that when your baby starts eating solids, around 6 months old, is the time to begin using a cup. By the time your baby is 12-18 months old, they should be transitioned off the bottle.

### Long-term bottle use can lead to: \_\_\_\_\_

- Skipping meals or not eating enough solid foods.
- Childhood obesity.
- Tooth cavities or baby bottle tooth decay.
- The longer you wait the harder it is to wean off the bottle.

### Benefits of a cup: \_\_\_\_\_

- Helps develop mouth muscles for speech.
- Promotes healthy teeth development.
- Reduces the risk of ear infection.
- Strengthens hand-eye coordination.

### Tips for bottle weaning: \_\_\_\_\_

- Begin by offering plain water in a cup.
- At mealtimes, put formula or breastmilk in a cup instead of a bottle.
- Create a bedtime routine with no bottle. This will help your baby learn to self-soothe.
- Replace one bottle with a cup. The next week, replace another bottle with a cup. Continue removing one bottle per week until all bottles are replaced.
- Be patient and understand this transition might take some time.
- Be consistent and stick to your new routine. Try not to give into offering the bottle.
- Make sure family members and caregivers are aware that you are weaning your baby ask them to not offer your baby a bottle.
- Out of sight, out of mind. Try to keep bottles out of baby's view.

# TYPES OF CUPS



## What to look for

Avoid using a sippy cup with a rubber nipple or spout, instead use a sippy cup with a hard or plastic spout.

## What to look for

Short firm straw (encourages sucking).

Consider a weighted straw (keeps end of the straw in liquid even when cup is tilted)

Toddler thermos – wait until 12-18 months (it is harder for them to use)



## What to look for

Small cup size, 2oz, some have a weighted bottom so it is easier for your baby to hold.

## What to look for

Similar to open cups, but includes a silicone membrane lid to minimize spills.



## Other tips for selecting a cup:

- Find one with your baby's favorite cartoon character, color, or a fun design. This will help them be more interested in the cup.
- Try multiple types of cups. Every baby is different, some might do better on one type than the other.
- Find one that is easy to clean.
- Don't be discouraged if your baby is not interested. Keep offering the cup throughout the day, it can take time for their interest to develop.