



Time for a Cup

Weaning baby from the bottle

Did you know?

- At **6 months of age** a baby is ready to start to learn how to eat solids and drink from an open cup.
- At **9 months of age** you can start weaning baby from the bottle.
- By **18 months of age** you can celebrate being bottle-free.
- Sippy cups do not help a baby learn how to drink from an open cup.

Introduce an open cup when your baby:

- Can sit up without help
- Shows an interest in solid foods
- Can eat from a spoon by him/her self

Tips:

- Wean gradually
- Start with the bottle of least interest
- Offer breastmilk or formula in a cup before every bottle feeding
- Give an open cup instead of a bottle, one feeding at a time
- Establish a routine for mealtimes
- Tell your baby he or she is doing a “great job”
- Use only water in the bottle, for all other liquids use a cup
- Store bottles where your child cannot see them
- If you choose to use a sippy cup, fill it with water only

Did you know?

- Drinking from a bottle at bedtime can increase a child’s risk of ear infections
- Prolonged bottle use for long periods of time increases the risk of:
 - cavities
 - problems for the development of the mouth and face
 - speech problems
 - not enough iron
 - delays in a child’s ability to learn how to eat
 - poor nutrition



It will be messy — learning to drink from an open cup takes practice, just like learning to eat food! The goal is for baby to be **bottle-free by 18 months of age**.