bye, bye bottle

Bottles can cause cavities, ear infections, poor appetites, speech problems and iron deficiency anemia in toddlers over 12 months.

how can I wean my toddler off the bottle?

Here are some ways other moms have weaned their toddlers - **choose one that will work for you...**

1. Slowly reduce the number of bottles

If your toddler is drinking 4 bottles a day, offer only 3 bottles for a few days.

Then reduce to 2 bottles for a few days.
Then 1 bottle for a few days.
And then get rid of the last bottle.

2. Slowly reduce the amount of milk in the bottles.

If your toddler is drinking 8 ounces bottles, offer only 6 ounce bottles for a few days.

Then reduce to 4 ounce bottles for a few days.
Then reduce to 2 ounce bottles for a few days.
And get rid of the bottles.

3. Give the bottle to the 'Bottle Fairy'

Leave the bottle in a special place before your toddler goes to bed.

Tell your toddler that the 'Bottle Fairy' will take the bottle and leave a special gift.

Replace the bottle with a stuffed animal, toy or soft blanket.

4. Toss the bottle!

Your toddler may cry and fuss for a few days, but he will forget about the bottle.

Be ready to comfort him with extra love - hug him, rock in a chair, ride in the stroller and play together.

Wean from the bottle by 12 to 14 months.

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make weaning easy

s out of your toddler's sight.

ild when he uses a cup.
oddler that you are proud
using a 'big boy' cup.

sing to calm your child
for the bottle.

nket or hug
t, not a bottle.

and 2 to 3 snacks during
ffer small amounts of food
cheese, banana slices,
it, and dry cereals) for snacks
a bottle. Offer a drink of milk
om a cup.

, friends and babysitter
re weaning your toddler from
Ask them to give love and
o your toddler, not bottles.

throw the bottle in the garbage
e will know that it is gone.

nange the time routine

r is used to drinking a bottle
start a new bedtime routine:

al toy or blanket to
t your toddler.

dler a warm bath
en cuddle together with a book.

dler's back
ftly sing
story.

dler may drink less milk eaned from the bottle.

n be okay. He only needs
unces of milk each day.

ovides general nutrition information;
l be obtained from your health care provider

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