

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

Get your toddler out of your toddler's sight.

When your toddler uses a cup, you can be proud of your toddler that you are proud of using a 'big boy' cup.

When your toddler is crying, singing to calm your child for the bottle.

When your toddler is crying, offer a blanket or hug.

When your toddler is crying, offer 2 to 3 snacks during the day. Offer small amounts of food (cheese, banana slices, fruit, and dry cereals) for snacks. Offer a drink of milk from a bottle. Offer a drink of milk from a cup.

When your toddler is crying, offer friends and babysitter. When your toddler is crying, offer a friend. Ask them to give love and support to your toddler, not bottles.

When your toddler is crying, throw the bottle in the garbage. Your toddler will know that it is gone.

change the time routine

When your toddler is used to drinking a bottle, start a new bedtime routine:

Offer a special toy or blanket to comfort your toddler.

Offer your toddler a warm bath. Offer your toddler a book to read.

Offer your toddler a soft blanket. Offer your toddler a story.



Your toddler may drink less milk when weaned from the bottle.

This is okay. He only needs 2 to 3 cups of milk each day.

This information provides general nutrition information and should be obtained from your health care provider.

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