

more cup, less bottle

When your baby is about 10 months old:

- Slowly use the cup more often and the bottle less often.
- Give small snacks instead of a bottle between meals.



baby's first cup



Offer a sippy cup when your baby is 6 to 8 months old.

Choose a small cup with a spouted lid - easy for your baby's little mouth and little hands.

Use a cup with a 'free flowing' spout, or remove the 'no spill' gadget.

Some babies will hold their cup when they are 6 to 8 months old.

Don't wait until your baby holds his own cup. Hold the cup for him while he sips the milk.

what's in my cup?

Start with 1 to 3 ounces of breastmilk, infant formula or water in the cup. Offer more if your baby wants more.

If your baby refuses the cup...

he may not know what's in the cup. Remove the lid and let him see and taste the breastmilk or infant formula.

There will be spills.

Be patient and have a towel ready. Your baby is learning how to drink from a cup.



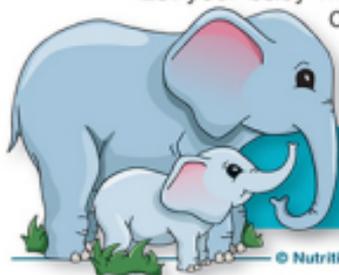
When is a good time to practice?

Offer the cup to your baby at meals.

- Sit your baby in a high chair.
- Feed some baby foods with a spoon.
- Offer a few sips from the cup.

“show me how”

Let your baby watch you and other children drink from a cup. Talk about how you are drinking. Your baby will learn by watching.



Drinking from a sippy cup is the first step to weaning from the bottle.

and snacks.
drinking only
after 1 year old.
Stop using a bottle.

easy

baby
to a bottle.

out a bottle.
hard habit to stop.

your baby,
it away.

baby crawl or
with a bottle.

breastmilk or infant
bottle,

drinks or juice.

crying baby with
rugs, blanket, or a
toy, not a bottle.

outines

old baby
the same

finger foods

sippy cup.

last

Using a cup

when

months old.

It takes time.

Give up!

Remember if you have
weaned from the bottle.

steps

For healthy full term infants;

consult your health care provider. B320