



# Stopping the Bottle (Baby)

- Your child needs to stop drinking from a bottle at 12 months of age.
- If they don't - they may get tooth decay, ear infections and have low iron.



## At 6 months

1. Let them get used to holding their new cup by playing with it. They can use it as a 'shaker' by filling with ice-cubes or as a 'bucket' in the bath.

2. Let them drink from the training cup when they want to.



## At 8-9 months

1. Swap one bottle with the cup (start with a lunch-time feed, as the morning & night time feeds are usually harder to give up).

2. Start to gradually swap more bottle feeds with a cup.

## Ideas to help calm your baby

- A** Play soothing music and give extra cuddles.
- B** Be a positive role model and drink from your own cup with your child.
- C** Heat the water if your child is used to warm drinks.

## What about bed-time with a bottle of water?



Water won't hurt your baby's teeth.

- However, your baby may not learn to sleep without a bottle and they may wake more often with a wet nappy or because they have run-out of water.

Children older than 12 months should have **no more than 2 to 3 cups of milk a day.**

