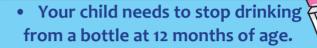




Stopping the Bottle (Baby)



 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 lunchtime 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

Play soothing music and give extra cuddles.

Be a positive role model and drink from your own cup with your child.

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 <u>no more</u> than 2 to 3 cups of milk a day.

