

Time to Get Off the Bottle!



Staying on the Bottle Past Twelve Months Can:

- Cause “Baby Bottle Tooth Decay” which can hurt the adult teeth.
- Cause low iron levels in blood.
- Decrease a child’s appetite for other foods.
- Cause weight issues.
- Cause ear infections.
- Create a picky eater by decreasing a child’s appetite for foods.

Start Weaning with These Simple Tips

- Eliminate one bottle at a time.
- Use a cup at meals.
- Give whole milk, water, and juice in a cup.
- Offer a snack and cup of milk before your bedtime routine.
- Use only water in the bottle while weaning to protect your child’s teeth.



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Create a Plan to Wean

- Include family and all caregivers in your plan.
- Get all of the bottles out of sight. Put them where the child will not find them.
- Be prepared for several nights of crying.
- Start a new bedtime routine. Read a story or sing songs.
- Give your child lots of praise, hugs, love, and special attention because your child is going through a big change.
- Be consistent and patient. You can do this!



Your plan is:



**Department of
Health**

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Children Program (WIC)