

Using a Cup



Teaching Your Baby to Use a Cup

- Use a small plastic cup without a lid.
- Hold the cup yourself and let baby sip from it.
- Drink from a cup along with your baby to show baby how to drink.
- When baby is ready to try the cup alone, give a cup that is small.
- Don't fill the cup all the way!
- Expect a lot of spills. Keep a towel or dish cloth handy.

When to Start the Cup

- At about 6 months, put pumped breastmilk, formula or water in a cup. You will probably need to help baby with the cup at this age.
- Around 9 months, baby should be able to drink well from the cup.
- Start to wean baby from the bottle slowly.
- Around 12 months, a baby who has been slowly weaned from the bottle is usually ready to give it up.



Tips to Wean From the Bottle

- Weaning is easier if you have always held your baby when you give a bottle, even when baby holds the bottle. It's not too late! Hold your baby during feeding and then put your baby to bed. As baby gets older, use a cup and then put your baby to bed.
- If your baby **must** have a bedtime bottle, put plain water in it.

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- Try to get baby off bottle completely by between 12 and 14 months of age. The longer you wait, the more difficult it will be.
- Help baby to give up one bottle at a time. Begin with the feeding that baby is least interested in.
- Instead of the bottle, give a cup of breastmilk or formula at that feeding every day. Do this until the baby gets used to it. This could be about a week. Then pick another feeding to use the cup. This is how to wean your baby slowly.



Why Wean From the Bottle Around 1 Year of Age?

- Your baby is ready for weaning. Baby may not give up the bottle as easily at 15 or 18 months.
- Your baby can get tooth decay if he or she spends too much time on the bottle.
- The bottle can decrease your baby's appetite for foods that are needed for growth and a healthy iron level in the blood.
- Remember, you can breastfeed as long as you want!



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