

Helpful hints on weaning:

- Keep bottles out of sight
- Offering a special cup may make your child feel important
- Praise your child when using a cup
- Spills are to be expected
- Ask family members/caregivers for help and support
- The bottle before bedtime is often the most difficult to give up
- Try new activities at bedtime, such as reading, rocking or singing



Any unused formula received from WIC should be returned to the WIC clinic. Selling or trading WIC formula is a program violation that could result in criminal charges and/or disqualification from receiving future benefits.

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weaning from the bottle



When is the right time?

Continue to breastfeed as long as you and your baby choose!

By age one...

most children no longer need the bottle.

Weaning completely from the bottle by 12 to 14 months lowers the risk of:

- Tooth decay
- Ear infections
- Low iron (anemia)
- Gaining too much weight

Weaning from the bottle helps improve:

- Appetite
- Acceptance of a variety of foods
- Eating habits

It's normal for a 12 to 14 month old child to decrease milk intake and increase table foods.

Don't give up!

The time it takes to wean from the bottle can vary from a few weeks to several months. It depends on the age and development of the child and consistently offering a cup.

If your child has special health care needs, talk to your health care provider about when to start weaning.

Signs that your child is ready for a cup:

- Sitting up without support
- Holding objects easily in both hands
- Watching you drink from a cup
- Showing curiosity about drinking from a cup

Introducing a cup:

- Start offering a cup around six months of age
- Start by choosing one feeding per day (mid-day may be best) to offer a cup; continue to gradually offer a cup at other feedings
- Offer milk, breastmilk or water in the cup
- If 100% juice is offered, only give it in a cup (limit to 4 oz. per day)
- Avoid offering sugar sweetened drinks such as soda/soft drinks, Kool-Aid and sweet tea
- If your child resists a cup, be patient and try again later
- Expect spills as your child learns to drink from a cup

Tips for choosing a cup:

- A cup small enough for your child to hold
- A cup with handles on both sides may make it easier for your child to grasp and hold
- Using an open-mouth cup is best for your child's teeth, health and development of feeding skills

Avoid spill-proof cups due to the risk of mold growth.

Talk to your health care provider for more information on cups.

