



REMEMBER

- ❖ Switching from a bottle to a cup takes a few months and involves some spills. Have patience during this time.
- ❖ Weaning will be easier if you have never put your baby to bed with a bottle.
- ❖ Start weaning when your baby is well. Delay a little if he or she becomes ill during this time.
- ❖ Expect your baby to take less formula during this time. Add formula to his or her food and use milk products like cheese and yogurt.
- ❖ Keep your baby on an iron fortified formula until he or she is 12 months old, even if he drinks from a cup.
- ❖ Your baby should be off the bottle and completely using a cup by about 12 months old. An older child is harder to wean.
- ❖ Breastfeeding is encouraged for 12 months and longer if desired. If you have questions about weaning your breastfed baby, ask the nutritionist at your local health department.

This institution is an equal opportunity provider.

**For more information about the Tennessee WIC Program
visit <http://tn.gov/wic>**



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Tennessee Department of Health
Authorization No. 343400
No. of Copies: 30000
this public document was promulgated at
a cost of \$.05 per copy
(07/15)

ED# 1000050364

Teaching Your Baby



To Use A Cup

SWITCHING TO A CUP

Helps prevent tooth decay

Helps your baby become independent



LEARNING TO USE A CUP

Your baby is ready when he or she:

- ❖ Sits up without help
- ❖ Has good head control
- ❖ Begins to curve lips around rim of cup
- ❖ Brings head toward cup



STEPS TO EASIER CUP DRINKING

(check when done)

- ☐ When your baby is 5 to 7 months old, let him or her hold an empty plastic cup to get used to it.
- ☐ When your baby is ready for juice (6 to 7 months), offer small amounts from the cup. Limit infant fruit juice to 4 ounces a day for your baby.
- ☐ You can also offer your baby small amounts of breast milk or formula from a cup.
- ☐ Help your baby drink from the cup.
- ☐ At about 8 to 9 months, replace your baby's least favorite bottle feeding with the cup.
- ☐ Replace other bottle feedings one by one during the next few months.
- ☐ Your baby may want the bottle for comfort and not for hunger. Comfort your baby by reading a story, singing or rocking.