

I'm growing up!

When I learn to drink from a cup I'm learning something new and fun. Introducing me to a cup now will help me be ready to drink milk from a cup around my first birthday. I might seem too little, but you'll know I'm ready when I'm interested in solid foods. I'll need help and practice. Tell me how proud you are of me while I'm learning.



I'm ready to have a cup when:

- I'm starting to eat foods from a spoon.
- I can sit up in a high chair.
- I reach for your glass. I want to be big too!

Baby Teeth

My baby teeth are important to help me eat and talk well. Only put water, breastmilk, or formula in a cup for me.



Always clean my teeth and gums when I wake up in the morning and before I go to bed at night.

Keeping my gums and teeth clean and healthy will help me with teething, too.

Put me to bed with a cuddle and a kiss. Save my bottles and cups for the daytime. It's not healthy for me or my teeth to fall asleep with bottles or cups.

Bye-bye bottle, hello first birthday!

When I'm close to my first birthday, I'm getting ready to stop using my bottle. I need your help to make this transition. There's a variety of ways to start weaning me from the bottle. Here are 2 ideas that might work for you:

Idea 1:

- Try offering me a little less liquid in each of my bottles and more in my cups. For example, if I usually drink 6 ounces, try offering me only 4 ounces in my bottle.
- To continue the transition, after a few days offer me less in my bottle and more in my cup.

Idea 2:

- Offer me one less bottle a day and replace it with a cup. Do this every few days, until I'm only using my cup.
- Save my nighttime bottle for last.

Ways you can help me:

- You're my model! I like to drink from a cup at the table.
- Keep my bottle out of sight. If I don't see it, I will be less likely to ask for it.
- Talk to me about being big. Let me know you're proud of me.
- When we go out, bring along my books or small toys. Pack a healthy snack and a cup in case I get hungry or thirsty.



DOH 961-189 June 2015



For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-841-1410 (TDD/TTY 711).

Washington State WIC Nutrition Program does not discriminate. This institution is an equal opportunity provider.

This publication adapted from California WIC Program. Reprinted with permission.



I'm ready for a cup!

I can learn to drink from a cup now!

Drinking from a cup:

- Is good for my teeth.
- Helps me have fewer ear infections.
- Helps me be a healthy weight.



Teach me how to use my cup!

Learning to use a cup is a new and special time for both of us. I need help to learn how to drink from a cup. When I'm around 6 months old start to offer me breastmilk, formula, or water in a cup.

- A small plastic cup with a lid will help me learn before I switch to an open cup. If my cup has a spout, a hard plastic spout works best for me.
- Look for a cup without a stopper or nipple for sucking. This helps me learn how to drink from a cup instead of suck from a bottle.
- Start by putting only a little water, breastmilk, or formula in my cup. You can give me more as I get better using my cup.
- It's fun for me when I can sit at the table and use a cup along with my family at snack and mealtimes.

Let me practice taking sips from my cup by:

- Sitting me in my highchair, or holding me on your lap.
- Picking a time to practice when I'm happy and rested and not too hungry.
- Offering me a few bites of food and then a sip or two from my cup.
- Continuing to offer me bites of food and sips from my cup throughout my meal.
- Letting people who care for me know that I'm learning to drink from a cup so they can help me practice too.

Keep trying.

If I don't like my cup at first, keep trying. I might take a few weeks to learn to use a cup. When you make mealtime a relaxed and fun time for me, I'm more likely to want to try new things.

Be patient.

I may be messy at first and need you to hold the cup for me while I take sips. I need lots of practice, so be patient with me while I learn.

You help me learn good eating practices for life when you let me take food from my spoon, sips from my cup, a little rest in between and let me stop when I'm full.



Helpful tips for bedtime when I'm an older baby or toddler.

When I'm around 9 or 10 months, cut back on my bottles and offer me a cup instead.

Around my first birthday, when it's my bedtime, offer me a cup with water and a snack instead of my bottle.

My favorite time may be when I have my bedtime bottle. Save this transition from a bottle to a cup for last. Here are some things to try instead of my bottle.

I may be comforted by:

- Sleeping with my favorite toy or blanket, only if I'm over 12 months.
- A story that you read to me.
- Music or singing. I love it when you sing to me.
- Having you rub my back softly.
- Having you rock or hold me.



Keep breastfeeding.

If you're breastfeeding me, keep going! I love this special time together.