

Weaning from Breast or Bottle to Cup

As babies begin to get more nutrients and calories from solid foods, they need less breast milk or formula. This is the start of weaning.

You can help your baby learn to drink from a cup in several ways:

1. Take advantage of the fact that by the time they are 6 months old, babies are interested in their surroundings and don't give their undivided attention to their bottle.
2. Introduce your baby to formula in a cup.
3. Offer the cup with small amounts of breast milk, formula, or water to your baby and allow him/her to experiment. Remember that this is for learning and do not worry about your child not drinking much. During the first few months of using the cup your baby will probably not take more than one or two sips at a time.



TIPS FOR WEANING FROM BOTTLE TO CUP:

- Use a cup that has two handles and a screw-on lid with a spout. Let your baby choose their cup.
- Once you begin weaning from the bottle, use the cup with every meal.
- Be sure to offer formula in the cup as well as fruit juice and water; the baby needs to learn that milk comes in containers other than bottles.
- Use iron-fortified formula until your baby is at least 1 year old to prevent iron-deficiency anemia.
- Drop the bottle for the least preferred feedings--the evening meal is usually favorite and is generally the last bottle-fed meal he/she is willing to give up.
- Expect setbacks due to colds, teething, etc. Be patient and gradually try the cup again in a few days.
- You can give your baby whole milk at one year of age.
- If your baby is drinking 16 to 20 oz. of milk by cup, in addition to three meals of solid food, and doesn't appear to miss the bottle, he can be considered successfully weaned.

