Choosing a training cup

- no valve
- snap on / screw on lid
- handles
- easy to wash

Avoid:
cups with teats / spouts / valves that baby has to suck on.

Put your baby to bed without a bottle

3 good reasons to give up the bottle

Babies that continue with bottles after 12 months are more likely to get:

- tooth decay
- ear infections
- iron deficiency

Revised by NSW Oral Health Promotion Network and sponsored by:

Health Centre for Oral Health Strategy
2011 – SHPN: (COHS) 110267

For further copies of this Resource please contact:
Better Health Centre on (02) 9887 5450

Copies of this pamphlet in English and other languages can be downloaded from www.mhcs.health.nsw.gov.au

Developed October 2005 by the Bankstown Community Nutrition Team.

Teach your baby to drink from a cup
Best for baby’s health

Start around 6 months
At 6 months
Baby has mainly breastmilk or infant formula. Put your baby to bed without a bottle.

6-12 months
Baby still has breastmilk or infant formula.

Baby begins to:
• eat foods from a spoon
• drink cool boiled water
• use a cup

Baby learns to:
• drink from a cup
• eat family foods

12 months
Baby gives up the bottle and drinks from a cup.

By 18 months
Baby is:
• eating independently
• drinking from a cup

Breastfeeding may continue past 18 months if it suits mother and child.

What your baby can drink

<table>
<thead>
<tr>
<th>6-12 months</th>
<th>12-18 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>• breastmilk (recommended)</td>
<td>• breastmilk (recommended)</td>
</tr>
<tr>
<td>• infant formula</td>
<td>• plain full cream cow’s milk (up to 600mls/day*)</td>
</tr>
<tr>
<td>• cool boiled tap water</td>
<td>• water (when thirsty)</td>
</tr>
</tbody>
</table>

* or other dairy food. 200ml milk = 200g yoghurt = 1 slice cheese