

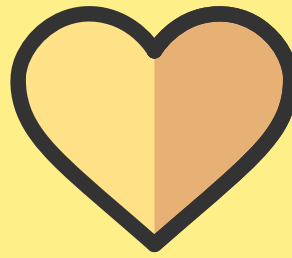
When Should I Start Giving a Cup to My Child?

Infants can begin learning how to drink from open cups around 6 months old. Teaching your child how to drink from a cup at 6 months old will make it easier to take away the bottle by the time they are 12 months old.



How Do I Teach my Child to Drink from a Cup?

- Put a little bit of liquid into a small cup that holds around 4 ounces (1/2 cup).
- At first, hold the cup and let your child sip from it.
- When your child seems ready, let your child practice sipping from the cup without help. This may be easier if they are sitting down in a chair, such as at the kitchen table.
- Be patient—learning to drink from a cup can be messy and it will take time.



How Much Should My Child Drink?

Age	How Much Water	How Much Juice	How Much Milk
6 - 12 Months	4-8 ounces (1/2 - 1 cup) each day	None	Only breast-milk or formula
1 - 3 Years	8-24 ounces (1 - 3 cups) each day	Less than 4 ounces (1/2 cup) each day	16 ounces (2 cups) each day

Cup Training (Weaning From the Bottle)



UTAH | WOMEN, INFANTS & CHILDREN



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When Should I Take the Bottle Away Completely?

It is normal for your child to use the bottle between 6-12 months, while they are learning to use a cup. However, when they are 12-14 months old, it is important to take the bottle away completely.

Why Should I Take the Bottle Away Completely?

Using a bottle after a child is 12-14 months old can cause:

- Ear Infections
- Too much weight gain
- Low iron
- Cavities
- Difficulty eating solid foods
- Speech delays



How to Wean from the Bottle

- Start to replace daytime and nighttime bottles with cups. You can choose whether or not to take all of the bottles away at once, or if you would rather take the bottles away one at a time.
- Keep bottles out of sight from your child. Children will forget about bottles after a few days of drinking only from cups.
- Always put milk or juice in a cup so that your child starts the habit of drinking these from a cup instead of a bottle.

My Child Won't Sleep without a Bottle

It is common for children to be comforted by the bottle and want one as they are falling asleep.

This can cause ear infections & cavities, but it also disrupts children's sleeping habits.

Comfort your child in other ways, such as giving them a pacifier, reading them a story, singing them a song, or rubbing their back.



What about Sippy Cups?

Sippy cups were never created to transition kids from a bottle to a cup—they were created to stop kids from spilling drinks.

Sippy cups can cause cavities, ear infections, and too much weight gain. Sippy cups can also make it harder for kids to learn how to drink from an open cup.

If your child drinks from a sippy cup, only put water in the cup. Milk and juice in a sippy cup can cause cavities.

It can also help to give water in between meals, while giving juice and milk in an open cup at mealtimes and snack times.

If you need to give your child a cup that won't spill, try giving a water bottle or a water bottle with a straw.

Set a goal to stop using a sippy cup by the time your child is 18 months old.

