



Hello Cup. Bye Bye Baby Bottle.

Help your baby learn to drink from a cup. Start at about 6 months.

Hello Cup.

Using an open cup is an important skill for babies to learn at an early age. Drinking from an open, lidless cup (i.e. not a sippy cup) helps your child:

- Learn drinking skills
- Learn mouth movements also used for talking
- Sit at a table for meals and snacks
- Have lower risk for tooth decay



Did you know?

- Babies can start to use an open cup at about six months of age for sips of water.
- It is recommended babies stop using a baby bottle by 18 months of age. Start weaning off bottles at about 12 months of age.
- Babies who are fed formula can usually switch to cow's milk (3.25% M.F.) between nine to 12 months of age. Aim to provide 500 mL (2 cups) of milk per day after 12 months of age. Offer milk only at meal or snack times.
- Juice is not needed. Avoid offering juice before 12 months of age. After 12 months, if 100% juice is given, limit to no more than 1/2 cup (125mL) a day in an open cup. Offer as part of a meal or snack.
- When children have milk or juice between meal or snack times, they have a higher risk for tooth decay. The liquid stays in the mouth for a longer amount of time, which can weaken the teeth. Water could be offered at anytime. If you choose to use a sippy cup between meal and snack times, only put water in it.



Help your baby to use an open cup

- At first, you will need to guide your baby's hand as they learn to drink from an open cup. Expect it to be messy.
- Start slowly – offer sips of water at first.
- Offer a cup with meals and snacks as often as possible.
- Sit with your baby and role model the use of an open cup.

Bye, Bye Baby Bottle

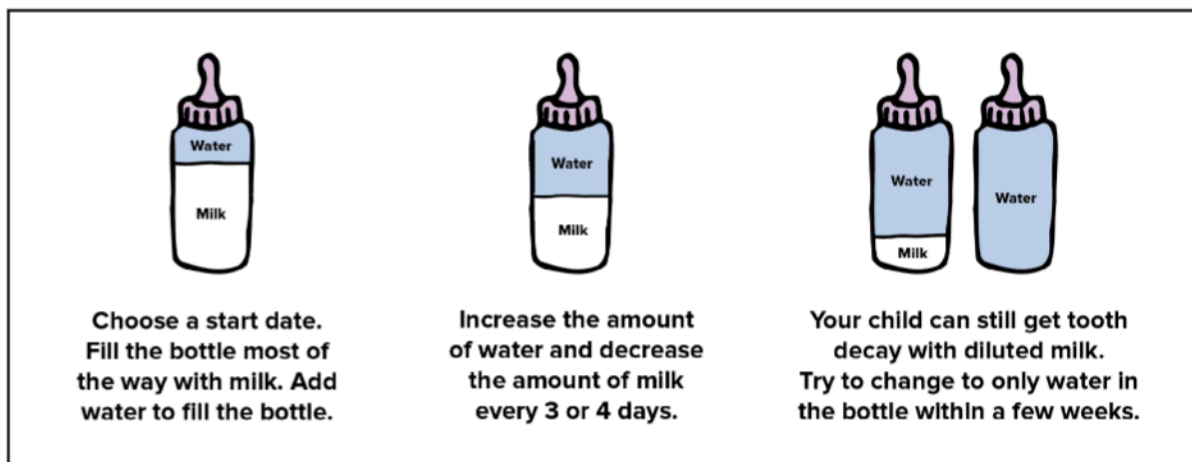
After 12 months of age, children who use a bottle for anything other than water are more likely to:

- Get too full from milk. More than 750 mL (3 cups) a day is too much. Too much milk often means the child is not getting enough vitamins or minerals, such as iron, from solid foods.
- Develop tooth decay. Milk, formula and juice contain natural and/or added sugar which can cause tooth decay due to repeated and prolonged sugar exposure.

Tips to stop using baby bottles for children over 12 months of age:

- Make sure your child has the opportunity to eat enough during the day.
 - » Offer 3 meals and 2 -3 scheduled snacks each day.
 - » If needed, offer a bedtime snack before brushing your child's teeth.
 - » Offer milk in an open cup at meal or snack times.
- Offer comfort in other ways: cuddles, stories, songs, or a favourite toy or blanket.
- Choose an approach that feels right for you and your child:
 - » Let your child choose a "special" open cup.
 - » Limit where and when your child can have a bottle.
 - » Do not allow your child to drink while walking around, playing or going to sleep.
 - » Choose to reduce bottle feeds one at a time or stop all bottle feeds at once.

* If choosing to stop bottle feeds slowly, fill bottles with less milk or slowly dilute with water until only water is being consumed in a bottle (see below).



- Giving up bottle feeding can be hard for lots of caregivers and babies. If you have difficulty with baby waking at night, frequent feeds, or other issues please reach out to your Public Health Nurse. We are here to support you.

Reference: Canadian Dental Association:
cda-adc.ca/en/oral_health/cfy/dental_care_children/tooth_decay.asp
Accessed on January 28, 2022.

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Making better decisions together with patients and families

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