

How to wean off the bottle/Introducing a sippy cup

Introducing your child to a sippy cup can sound a little daunting to new parents/caregivers, but with the right approach, the transition can be made fairly easy.

Many pediatricians recommend to start introducing a sippy cup to your child by the time they are around 6 months.

Tips to Gradually Wean:

- Pick the right time for you and your child, you know best!
- Start introducing the sippy cup early.
- Start with bottles linked to meals/snacks, and then tackle the morning and evening bottle last.
- Start off with a cup with handles on each side, and a soft spout with a slow flow.
- Let your child play with the sippy cup during non-eating times! This way they will become more familiar with it.
- Get a sippy cup that you think your child will like, or you could use a funny straw.

Getting your child off the bottle usually involves some trial and error, but once you decide on a plan and stick with it, you will get results, just be consistent!

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References

Healthwise Staff. (2018, November 7). *Bottle-feeding: Weaning a toddler*.

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