ORAL HEALTH KANSAS
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TIPS AND TRICKS SERIES

Weaning from Bottle to Cup

Helping your baby move from a bottle to a cup is an important step toward healthy teeth and growing independence.

Why it matters:

- Using a bottle too long can increase the risk of cavities.
- Drinking from a cup helps children learn new skills.
- Children who drink from bottles throughout the day may be less hungry at mealtime.

When to start:

- Around 6 months: Offer a small cup when your baby begins eating solid foods.
- By 12 months: Begin replacing remaining bottles with cups.
- By 12–18 months: Aim to complete the transition away from bottles.

Tips for an easier transition:

- Start with a small, open cup or a cup with a straw.
- Offer breast milk or formula in the cup at first.
- Replace one bottle feeding at a time, starting with the easiest.
- Offer praise, cuddles, or a favorite activity instead of a bottle for comfort.
- Be patient and keep the routine consistent.

Bedtime can be the hardest:

- Replace the bedtime bottle with cuddling, singing, or reading.
- Finish feeding before brushing teeth.
- Try the Brush, Book, Bed routine.



Remember!

Weaning from the bottle does not mean stopping breastfeeding. You can continue breastfeeding as long as you and your child wish.

More Tips & Tricks on Feeding & Drinking :

- Breastfeeding & Healthy Baby Teeth
- Bottles & Bedtime
- Sippy Cups — Friend or Foe?