

Weaning your Toddler off the Bottle

Feeding a baby is about closeness and comfort, as well as nutrition, whether this is by the breast or bottle.

- For the first 12 months, babies need breast milk or infant formula.
- Start solid food around 6 months.
- You can start to introduce a cup from as early as 6 months. Drinking from a cup is better for teeth and speech development.

From one year of age



Babies are eating family meals

Some foods will still need cutting up.



Babies don't need infant formula

Nutrition is coming from food.
Swap formula for full fat milk.



Breastfeeding can continue for as long as mum and baby wish.

Every family situation is unique.



Make a habit of offering a cup of water at every meal and snack

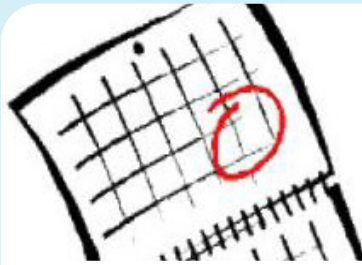
Expect some spills at first.



500 ml (2 cups) is the maximum per day.

Too much milk can fill children up. This can mean they eat less.

Plan your approach



Plan when to start weaning your child off the bottle.

Set a goal to stop by a certain age



Build into your day ways to provide one on one comfort

Read a book together

Make a special cuddle time



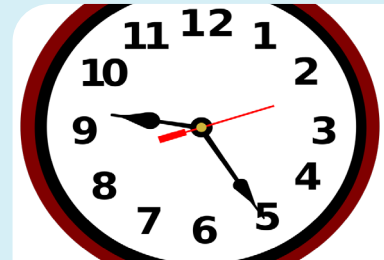
Start to make the bed time routine special cuddle time together

Without the bottle. Ask your child health nurse for ideas.



A new comforter may help the transition

A blanket or toy.



Set your own time frames

Take time. It is a change for both you and your toddler.

What helps



Experiment with a few different cups

Toddlers often enjoy the novelty of a new cup.



Start with small amounts in a cup

Expect some spillage.



Let them see you drink from a cup

Role model drinking water.



Slowly reduce the milk feed opportunities in the day



Slowly reduce the amount of milk in bottles or swap some bottles for water

Swap a bottle for a cup at feeds.