Choosing a training cup

- no valve
- snap on / screw on lid
- handles
- easy to wash

Avoid:
cups with teats / spouts / valves that baby has to suck on.

3 good reasons to give up the bottle

Babies that continue with bottles after 12 months are more likely to get:

- **tooth decay**
- **ear infections**
- **iron deficiency**

Revised by NSW Oral Health Promotion Network and sponsored by:

NSW Health Centre for Oral Health Strategy
2011 – SHPN: (COHS) 110267

For further copies of this Resource please contact:
Better Health Centre on (02) 9887 5450

Copies of this pamphlet in English and other languages can be downloaded from www.mhcs.health.nsw.gov.au
At 6 months
Baby has mainly breastmilk or infant formula. Put your baby to bed **without** a bottle.

Baby begins to:
• eat foods from a spoon
• drink cool boiled water
• use a cup.

6-12 months
Baby still has breastmilk or infant formula.

Baby learns to:
• drink from a cup
• eat family foods.

12 months
Baby gives up the bottle and drinks from a cup.

By 18 months
Baby is:
• eating independently
• drinking from a cup.

Breastfeeding may continue past 18 months if it suits mother and child.

What your baby can drink

<table>
<thead>
<tr>
<th>6-12 months</th>
<th>12-18 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>• breastmilk (recommended)</td>
<td>• breastmilk (recommended)</td>
</tr>
<tr>
<td>• infant formula</td>
<td>• plain full cream cow’s milk (up to 600mls/day*)</td>
</tr>
<tr>
<td>• cool boiled tap water</td>
<td>• water (when thirsty)</td>
</tr>
</tbody>
</table>

* or other dairy food.
200ml milk = 200g yoghurt = 1 slice cheese