

## 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.

Developed October 2005 by the Bankstown Community Nutrition Team.



**Health**  
South West Sydney  
Local Health District

## Put your baby to bed without a bottle



### 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:



**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](http://www.mhcs.health.nsw.gov.au)

## Teach your baby to drink from a cup

Best for baby's health

Start  
around  
**6**  
months



## 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

6-12 months	<ul style="list-style-type: none"><li>• breastmilk (recommended)</li><li>• infant formula</li><li>• cool boiled tap water</li></ul>
12-18 months	<ul style="list-style-type: none"><li>• breastmilk (recommended)</li><li>• plain full cream cow's milk (up to 600mls/day*)</li><li>• water (when thirsty)</li></ul>

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