








Weaning Your Child From The Bottle

-  A child can begin weaning from the bottle during the day around 6 months of age. It is recommended that breastfeeding continue
-  A child can be weaned from the bottle at night by 12 months of age.
-  Once the child is completely weaned from the bottle, do not offer it again.

Steps to Weaning

1. Decide on a date you are going to start the weaning process (once you start, it is not recommended that you go back).
2. Begin teaching your child to start taking sips from an open cup of breastmilk or formula.
3. Once you teach your child to take sips from an open cup, you can begin teaching straw drinking through a squeezable bottle using thickened liquid (i.e., baby food or baby cereal mixed with water, breastmilk or formula).
4. Give drinks throughout the day in the straw cup, open cup and/or cup with recessed lid.
5. When your child is successfully taking fluids throughout the day using a cup or straw, you may begin offering breastmilk or formula in a straw cup at night before bed.
6. Offer the cup at night, allow them to drink then take it away before they fall asleep (it is not recommended to allow them to sleep with the cup in bed). If they wake in the middle of the night, you may offer the straw cup again with water, formula or breastmilk.

Appropriate cups:		Where to Purchase:
	Honey Bear with Straw: Learning how to drink from a straw	arktherapeutic.com, talktools.com, amazon.com, or drhoneybear.com
	Purple recessed lid cup: Learning how to drink from a cup	talktools.com or amazon.com
	Arrow Juice Box: Good straw cup for child to drink from	arrowhomeproducts.com
	Philips Avent My Bendy Straw Cup: Good straw cup to keep as a “sippy cup” long-term (need to have adequate sucking skills to use)	amazon.com

References:

Bahr, D. (2010). *Nobody Ever Told Me (or my Mother) That!* Arlington, TX: Sensory World: A proud imprint of Future Horizons; 2010: 111-115

Bahr, D. (2018). *Feed Your Baby and Toddler Right*. Arrlington, TX: Future Horizons.