

## 3 good reasons to give up the bottle

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

- **tooth decay** - from milk, flavoured milk/milo, juice, soft drink, cordial, sweetened drinks
- **ear infections** - from lying down while drinking
- **iron deficiency** - from drinking too much milk and not having enough variety in their diet.

The longer you leave it past 12 months, the more knowledgeable your child becomes and the harder it is for them to give up the bottle.

## Put your baby to bed without a bottle



## Helping your baby give up the bottle

- **Introduce** a cup from 7 months with a little water.
- **Replace** a bottle with a cup at 9-12 months once every day for a week, gradually increase so all daytime feeds are from the cup.
- **Remove** bottles from sight—pack them up with your child's help and 'send' the bottles away.
- Once you make the decision to use a cup at night time, **don't go back**, they will get used to it. Even if they reject the cup and cry, don't give in - this will just confuse them and make it harder in the long run.
- **Create new bedtime routines:**

Bedtime story	Extra cuddles
Bedtime song	Soothing music
Cuddly toy	Read a book

**Te Mana Ora | Community and Public Health**  
160 Bealey Ave  
P O Box 1475  
Christchurch

Developed 2014 CHH0067

**Health New Zealand**  
Te Whatu Ora

## Teach your baby to drink from a cup

Best for baby's health



## At 6 months

Baby has mainly breastmilk  
(or if unavailable, infant formula).

Baby begins to eat solid foods.



## At 7 months

Baby begins to:

- drink water
- use a cup.



## 7-12 months

Baby still has breastmilk  
(or if unavailable, infant formula).

Baby learns to:

- drink from a cup
- eat family foods.



Help your baby to give up the  
bottle and drink from a cup.



Free flowing drink bottles can be  
used for water **ONLY**.

Sipping juice or milk from a drink  
bottle increases the risk of tooth  
decay.



## By 18 months

Baby is:

- eating independently
- drinking from an open cup.



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

## What your baby can drink

0-6 months	<ul style="list-style-type: none"><li>• Breastmilk (recommended)</li><li>• Infant formula if breastmilk is not available</li></ul>
6-12 months	<ul style="list-style-type: none"><li>• Breastmilk (recommended)</li><li>• Infant formula if breastmilk is not available</li><li>• Water (from 7 months)</li></ul>
12-24 months	<ul style="list-style-type: none"><li>• Breastmilk (recommended)</li><li>• Whole cow's milk (up to 500 mL/day*) - low-fat cow's milk from 24 months</li><li>• Water (whenever thirsty)</li></ul>

\* or other dairy food:

250mL milk = 150g yoghurt = 2 slices cheese (40g)