



Tuckatalk Bottle or Cup?



Why switch to a cup?

Drinking from a cup will help your baby:

- learn to sip rather than suck
- develop the skills they need for eating, drinking and talking
- depend less on a bottle
- reduce the risk of tooth decay.

When do I introduce a cup?

Offer an open cup when your baby is around 6 months old. Give your baby a cup every time they have a meal or snack.

Your baby can learn to drink from a cup while you continue with breast or bottle feeding.

Aim to fully switch from bottle to cup at around one year of age.

What cup to choose?

Clear or see-through, so you and baby can see how much fluid is in the cup

OPTIONAL:

Two handles so cup can be held easily when starting to learn

Plastic so cup is safe from breakages

OPTIONAL:

Removable lid so baby can drink from open cup most of the time



How to help your baby drink from a cup

- Make sure your baby is sitting upright, safely secured and comfortable; ideally in a highchair.
- Your baby's bottom needs to be well back in the chair with their knees bent. Rolled or folded towels may be placed behind, next to or under your baby to help stabilise them.
- When your baby is ready to try drinking, offer them a small amount to drink. Increase the amount offered as they get better at using a cup.
- Help your baby hold the cup by placing it in both their hands.
- You can use your finger under the cup to gently tip it to help your baby get more or less fluid.
- Help prompt your baby to drink by saying their name and use encouraging words, such as "drink up" or "more drink". This can also help give your baby the opportunity to tell you they have had enough to drink.

Frequently asked questions

What should I put in my baby's cup?

Before 12 months of age the best options are boiled then cooled water or expressed breast milk. If breast milk is not possible, use a suitable infant formula. Once your baby is 12 months old, offer them tap water, cow's milk or expressed breast milk.

Should I give my baby sweet drinks?

Sweetened drinks such as juice, fruit drink, cordial and soft drink can cause tooth decay, so it is best not to offer these drinks to your baby.

Where can I find out more information?

TALK to your Maternal and Child Health (MACH) nurse or General Practitioner (GP)

MAKE AN APPOINTMENT with a Canberra Health Services Community Dietitian by phoning (02) 5124 9977

Go to www.health.act.gov.au

What about sipper and straw cups?

Sipper and straw cups can be useful, but offer an open cup most often.

What about spills?

Spills will happen. Learning to drink from a cup takes practice. Try to develop a habit that your baby always sits to drink. You can put a plastic sheet under your baby's high chair to make it easier to clean up spills. Have a cloth or towel handy just in case you need to clean up spills.

What if my baby doesn't want to use a cup?

Your baby can only learn to use a cup if they get the chance to practice.

- Make sure the cup is suitable for your baby's age. Use a plastic cup to avoid breakages. A cup with handles may be easier for a younger baby to hold.
- Offer your baby a cup when they are alert and happy.
- Let your baby put the cup in their mouth and play with it when it is empty. This will help them get used to it.
- Be a good role model. Sit with your baby and show them how to use the cup.

How can I get my toddler to give up their bottle?

Replace bottles with a cup one at a time. A good place to start is with meal time bottles. Keep the bottle out of sight. Settle or comfort your toddler by distracting them or giving them hugs.

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