

'Bye Bye' Baby Bottle

Helping your child stop using a bottle

Parents often struggle to get rid of the baby bottle.

Start teaching your child to drink from an open cup at 6 months. This makes the move easier.

Stop using all baby bottles by 18 months.



ChristinLola/Stock

Why stop using the bottle?

Children older than 12 months who still use a bottle are more likely to:

- Drink too much milk - More than 750mL (3 cups) a day is too much.
- Drink too much juice – More than 125mL (½ cup) a day is too much at any age.
- Not eat enough food rich in iron (such as meat, fish, lentils, beans, eggs, and iron-fortified infant cereal). This can lead to your child having anemia (low iron in the blood). Anemia can slow your child's growth and development.
- Have tooth decay in both baby and adult teeth (especially if you give your child a bottle of milk or juice at bedtime).

Note: Your child can still get tooth decay even with diluted milk or juice.

Tips to help say 'bye bye' to the bottle

- ✓ Fill the bottle with less and less liquid. Your child will start to get hungry and eat food instead.
- ✓ Try replacing the mid-day bottle with a cup. Once your child gets used to this, replace another bottle with a cup. Do this until they are ready to give up the last bottle.
- ✓ Limit where your child can drink a bottle. Be firm. Do not allow your child to drink while walking around, playing, or going to sleep.
- ✓ Leave the bottle at home when you go out.
- ✓ Comfort your child without a bottle. Try rocking, singing, cuddling, or offering a favourite toy.
- ✓ Offer a bedtime snack before brushing your child's teeth.
- ✓ Allow your child to choose a new open cup.

Don't forget...

- ✓ Brush your child's teeth at least 2 times each day with fluoride toothpaste.
- ✓ Give your child lots of praise as they say 'bye bye' to their bottle.

For questions about your child's nutrition, call 8-1-1 to speak to a registered dietitian at HealthLinkBC.

Online:

Go to fraserhealth.ca/feedingyourchild

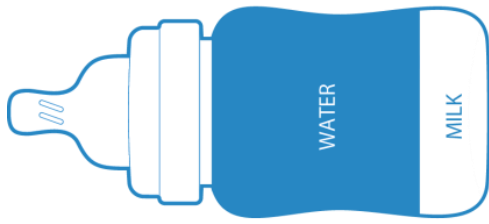
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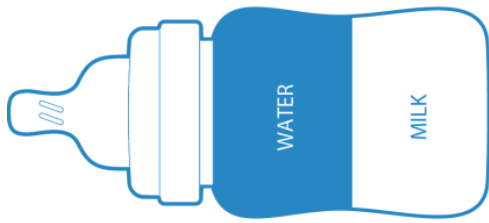
'Bye Bye' Baby Bottle - continued



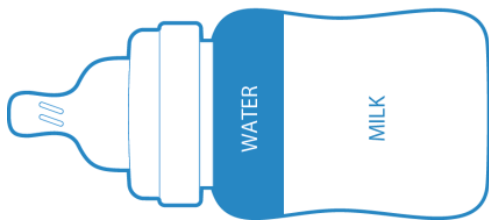
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Use this guide to help wean your child from bottles of milk or juice.

Choose a 'Dilute' start date.

Fill in the dates as you continue diluting every 3 or 4 days until there is only water in the bottle.

Adapted with permission from Vancouver Coastal Health and Leeds, Grenville & Lanark Health Unit, 'Bye Bye Baby Bottle' (2009).
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