



Time for a Cup

At about 6 months of age your baby is starting to sit up and crawl. Your baby is learning many new things. This is a great time to start teaching your baby to drink from a cup.

- Use a small plastic cup. You don't need a cover/lid.
- Put a small amount of water in the cup.
- Hold the cup yourself and let your baby sip from it.
- Drink from a cup along with your baby to show him how.
- Try offering the cup during your baby's bath when spilling doesn't matter.
- Tell your baby what a good job he is doing.
- Expect a lot of spills. Use a bib or keep a cloth handy.

Gradually Start Using the Cup

Around **6 months**, put $\frac{1}{2}$ to 1 ounce of water in a small open cup that you hold for your baby.

Around **7 or 8 months**, start giving a little water, breast milk or formula in the cup every day at mealtime.

Be patient. Learning to drink from a cup takes a lot of practice.

Using the Cup More

Around **9 months**, offer 2 to 3 ounces of breast milk or formula in a cup at meals and snacks.

For bottle-fed babies, start putting less in each bottle as your baby eats more and drinks from the cup more. This is when many babies start holding their own bottle. It may be tempting to give it to him, but it is much easier to wean if you always hold him when feeding the bottle. Don't let him carry it around or take it to bed with him.

Around **12 months**, a baby who has been weaned slowly from the bottle will be ready to give it up.

Sippy Cups

- If you choose to use a sippy cup, use it only for a short period of time. Think of the sippy cup as a training tool to help your baby transition from a bottle to a cup.
- If you buy a sippy cup, keep it small. Using large size cups gives your baby too much to drink and is just like keeping him on the bottle.
- Fill sippy cups only with water except at mealtimes.



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