

Teach your baby to drink from a cup

Best for baby's health



Start
around
6
months



At 6 months

Baby has mainly breastmilk or infant formula. Put your baby to bed without a bottle.

Baby begins to:

- eat foods from a spoon
- drink cool boiled water
- offer a cup



6-12 months

Baby still has breastmilk or infant formula.

Baby learns to:

- drink from a cup
- eat family foods

12 months

Baby gives up the bottle and drinks from a cup





By 18 months

Baby is:

- eating independently
- drinking from a cup

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

What your baby can drink

6-12 months

- breastmilk (recommended)
- infant formula
- cool boiled tap water

12-18 months

- breastmilk (recommended)
- water (when thirsty)

Children 1-3 years of age should only have 1.5 serves of dairy per day, including milk.



Choose a training cup

- with no valve
- a snap on/screw lid
- that is easy to wash

Avoid:

cups with teats and/or spouts with valves - that baby has to suck on.

Put your baby to bed without a bottle



3 good reasons to give up the bottle

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

- tooth decay
- ear infections
- iron deficiency

Developed October 2005 by the Bankstown Community Nutrition Team and South Western Sydney Local Health District. Revised by NSW Oral Health Promotion Network and sponsored by:



Dental services in NSW

NSW Public Dental Services

provide free dental to adults who have a Medicare card and either hold or are listed as a dependent on a valid Australian Government concession card.

Public Dental Services are free for children under 18 years old with a Medicare card. Parents or guardians must sign a Child Dental Benefits Schedule (CDBS) Bulk Billing Patient Consent Form. If a child is not eligible for CDBS or has already used their benefit, care is still provided at no cost.

To access NSW Public Dental Services call: 1800 679 336 or go to www.health.nsw.gov.au/dental

If you need an **Interpreter Service** call 13 14 50.

Some **Aboriginal Community Controlled Health Organisations** (ACCHO) provide dental care for their community. Each ACCHO may have different eligibility criteria and appointment processes for their dental programs. For more information go to www.health.nsw.gov.au/aboriginal/pages/contact.aspx

To find a **private dentist** go to www.ada.org.au