



TOOTH SMART

Stopping the Bottle (Older Child)



Your child needs to stop drinking from a bottle at 12 months of age.

If they don't - they may get tooth decay, ear infections and have low iron.

Children older than 12 months should have no more than **2 to 3 cups of milk a day.**



Some children can take a little longer to give up the bottle. **Just don't stop trying.**



An older child has to get rid of the bottle in **ONE-GO!**
A bit like losing a baby tooth!



Steps to stop the bottle

Step 1. Organise a special day for the bottle to be 'collected' by a fun character like the 'Bottle Fairy' or 'Superman'.

Step 2. Remove the bottle from the house and replace it with a special treat like a new toy or colouring-in book.

Make Drinking from a Cup Fun



- Decorate a new cup with your child.
- Use coloured and spiral straws.
- Talk to your child about hugging a teddy or playing with their new toy when they miss the bottle.
- Always have a cup of water ready for when your child is thirsty.
- Be a positive role model and drink from your own cup with your child.

