

Cynthia's Weaning Tips

Cynthia says:

At Julissa's 12-month checkup the doctor suggested weaning her to a cup. At first I felt unsure about making the change, but I soon realized how proud I'd feel helping her reach a new milestone, especially one that can help keep her healthy. Julissa cried a lot at first. She didn't understand why she wasn't getting a bottle. But knowing how important this was to her health kept me going. It soon got easier with time.



Cynthia and her daughter Julissa: "We're proud to be bottle free!"

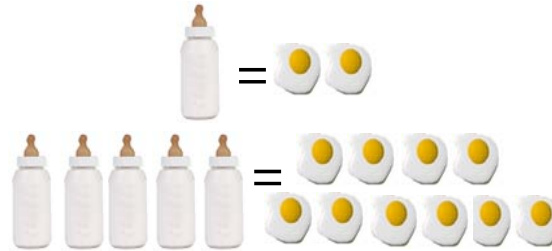
Here are some of the tricks I learned to help make the switch from bottles easier:

- Hug & kiss him when he cries.
- Give a special toy or blanket to sleep with.
- Read a story.

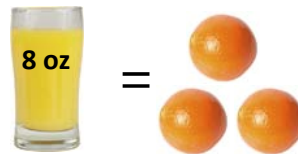
Milk and Juice are Liquid Food

Parents may not realize that milk and juice have calories; they make a child feel full. 1 year olds don't need more than 16 oz of milk per day.

Each 8 ounce milk bottle =



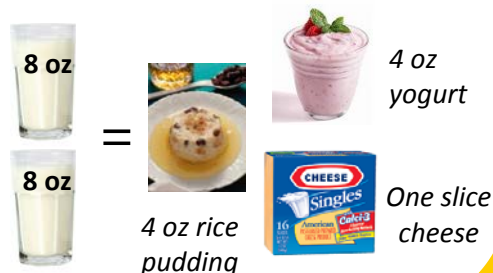
Each 8 ounces of 100% orange juice =



Milk: Other Options

Your child may drink a bit less milk at first, but will soon get used to the cup.

Other than milk, your child can get calcium from:



PROUD TO BE BOTTLE FREE



Why change to a cup?

Healthy Teeth



Children can get tooth decay when they drink from a bottle.

Why?

Milk, juice and sweet drinks have sugar. Unlike cups, children suck on bottles for long periods of time. This can rot children's teeth. **Healthy baby teeth help the adult teeth come in straight, and make for a great smile!**

Healthy Blood

Children who use a bottle can get anemia or low-iron blood.

Why?

Bottles filled with milk and juice are low in iron. Too much milk, especially, keeps the body from taking in the iron it needs from foods such as chicken, meat, beans, and WIC cereal. Anemia can lead to being tired and weak, poor growth, and trouble learning.



Healthy Weight





Children using a bottle after their 1st birthday may gain too much weight.


Why?

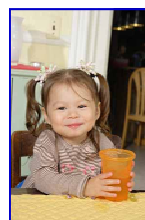
Milk and juice are liquid food. When they come from a bottle, children often drink more than they need.

Healthy Habits

 Switching to cups now may be easier now, than when she gets older.




 At 1 year old, children can — and want to — learn new feeding skills like drinking from a cup and eating with a spoon.

 Dentists and doctors say children should switch from a bottle to a cup when a child turns 1.



Weaning your child from the bottle...

Try these three steps:

-  Wean from daytime bottles.
-  Wean from wakeup bottles.
-  Wean from bedtime bottles.



What other parents have to say after trying these three steps ...

"I am so happy my child is off the bottle!"

"Thank you, this was a great service."

"His appetite is much better, he eats more than before."

"Stopping the bottle helps to prevent cavities and my child is doing really good."

For more information visit:
www.ProudToBeBottleFree.com