

Tri-County Community Council, Inc.
Head Start/Early Head Start

Part: 1302 Program Operations

Subpart: D- Health Program Services

Section: 1302.44 Child Nutrition

Subject: Transitioning Babies from a Bottle to a Cup

Policy:

Guidelines for successful transitions from a bottle to a cup, in accordance with the Child and Adult Care Food Program.

Procedure:

Many babies are able to drink small amounts from a cup held by another person around six months of age or later. Babies are usually developmentally ready to drink from a cup when they can sit without support and seal their lower lip on the rim of the cup.

Note: Cups with lids that help prevent spilling, usually called sippy cups, should only be used as a training tool to help a baby learn to drink from a cup.

- 1) Helping the baby learn to drink from a cup.
 - a) Hold the cup for the baby.
 - b) Start with a small amount, 2-3 fluid ounces of breastmilk or iron-fortified infant formula.
 - c) Allow the baby to drink very slowly by slightly tilting the cup. This allows only a very small amount of breastmilk or iron-fortified infant formula to leave the cup, thus allowing the baby to swallow at their own pace.
 - d) Introduce the cup at mealtime when older children are drinking from cups around them.
 - e) Allow babies to practice drinking from a cup before they stop using a bottle completely.
- 2) It is recommended that babies stop using a bottle entirely by the time they are 18 months, or as developmentally appropriate.