At 6 months, your toddler will likely be ready to start learning to drink from an open cup between breastfeedings.

**Why Not Sip Cups?**
Sip cups don’t help your toddler learn to drink from a cup because the valve to stop spills makes her suck rather than sip.

**Why Not Bottles?**
If you’re supplementing with expressed human milk or infant formula, your toddler can use a bottle until about 12 months. After that, bottles aren’t necessary. In fact, using a bottle to drink anything other than water can lead to tooth decay (see Looking After Your Toddler’s Teeth).

**TRY THIS**
If your child is used to drinking milk from a bottle, try slowly decreasing the amount of milk you put in each time. If she wants more to drink, offer a small amount of water in a separate bottle. Use an open cup with meals and snacks.

**Making the Switch From Bottle to Cup**
If your child is used to using a bottle, start making the switch to an open cup by about 12 months. She'll likely be completely done with bottles by 18 months.