

Drinking From a Cup

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.

