

How to Transition Your Baby to Cups and Table Food

Introducing a cup at 9 months gives baby a chance to develop the skills necessary drink exclusively from the cup. The goal is to wean your baby off the bottle at **12 months of age**.

- Prolonged bottle feeding can:
 - Increase risk for cavities
 - May lead to overfeeding
 - Can reduce the baby's desire for solid foods
- Begin introducing a cup when baby is tolerating solid food well, usually between **6-9 months** of age
- Using a cup fosters self-feeding and **independent skills** required in toddlerhood
- Only give baby **breast milk, infant formula, or water** in cup
- The AAP recommends **no juice** or cow's milk for the first 12 months of age
- Breastfeeding can continue after the first year of life if it is **mutually desirable** for both mother and infant
- **Remember to be patient.** It takes time for babies to learn how to use a cup. This can mean spills, extra baths, and/or lost breast milk/formula
- When first introducing a cup, start with a **very small amount of liquid** (only 1-2 ounces), this gives baby the chance to learn and play without the big messes



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