

# 1. Here we go!

- \* let baby play with an empty cup at meal times during the first week
- \* offer a small amount of breastmilk or formula at one meal each day (amount isn't to replace regular serving - just to introduce drinking from a cup)
- \* reward baby with praise when drinking from a cup: "Good Job!" and "Big Girl!" or "Big Boy!"
- \* offer only breastmilk, formula or water in the cup - never juice or other drinks

# 2. Small Steps

- \* offer the cup to baby at two meals a day
- \* increase the amount of breastmilk or formula offered in the cup at both meals
- \* breastmilk or formula from the cup can start replacing what was in the bottle for those two meals
- \* invite family and friends to join you in praising baby's success
- \* gradually eliminate bedtime bottles - offer lots of hugs at bedtime instead

# 3. Moving Forward

- \* continue to offer breastmilk or formula in the cup at one meal a day
- \* make funny animal noises or dance around each time baby drinks from a cup
- \* drink from your own cup when baby drinks, so he or she can model what you do
- \* assist baby with cup as needed

# 4. Getting Easier

- \* continue to offer breastmilk or formula in the cup at all meals
- \* **replace** the bottle with the cup for **one meal** each day
- \* if baby is fussy and wants the bottle at that meal, offer water in the bottle instead of breastmilk or formula
- \* continue to give praise when baby drinks from the cup
- \* make it fun

# 5. Almost There

- \* offer breastmilk or formula in the cup at all meals
- \* **replace** the bottle with the cup for **two meals** a day
- \* offer water, breastmilk or formula in the cup at snack time

# 6. Success!

- \* offer cup containing breastmilk or formula at all meals and snacks
- \* **continue** to reward baby with **praise**
- \* take cup with you when going out
- \* leave bottles out of sight

Let's Celebrate!

Something to  
**SMiLE** about!

successfully moving my baby from bottle to cup