

From Bottle to Beaker

When I am around 6 months old, it is a good idea to try and start weaning me from my bottle and onto using a beaker. Drinking from a beaker, or cup, will help prevent tooth decay and can also help my speech development.



There is no right or wrong beaker, however, to begin with a free-flow, no valve beaker with 2 handles is a good choice. The important thing is that I am happy to use it.



In the beginning, please still let me have my bedtime bottle as this will still give me the comfort I need before I go to sleep. I will naturally transition once I am comfortable taking my drinks from a beaker during the day.



Leaving my new beaker around the room will let me try it out in my own time; just check that I am still having lots of wet nappies, so you know I am drinking enough.

Start by encouraging me to drink my daytime milk from a beaker (or water at mealtimes if I prefer)



Give me lots of encouragement and praise whilst I am learning. Like any new skill, I need time to practice drinking from my new beaker, it may take a little while, but I will get the hang of it.



Once I have practiced and mastered the beaker, the next stage is to master the open top cup!

