



MILKY WAY

FROM BOTTLE TO BEAKER





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You can gently introduce me to drinking my daytime milk from a beaker, and if I prefer, offer water at mealtimes. Following my lead and respecting my preferences will help make this a positive experience.

Leaving my new beaker within my reach will allow me to explore and try it out in my own time. You can check that I am staying hydrated by ensuring my nappies remain wet throughout the day.

Please offer me lots of encouragement and support as I learn. Like any new skill, drinking from my beaker will take practice. It may take some time, but with patience and reassurance, I will get the hang of it!

There is no single "right" beaker. A free-flow, no-valve beaker with two handles can be a great starting point, but the most important thing is that I feel comfortable and happy using it.

If my bedtime bottle brings me comfort, please continue to offer it to me as I adjust to my new beaker during the day. I will naturally transition when I am ready.

Around 6 months old, you can gently introduce me to a beaker or cup. This can support my oral development and help keep my teeth healthy.