WEANING TO A CUP

A Birthday Story

My name is: ________________________________

I weigh: _____ pounds. I am _____ inches long.

A special note for me: ________________________

___________________________________________

___________________________________________

___________________________________________

___________________________________________
CAST OF CHARACTERS

Lola
local college student
Michael (7 months)

Paula
stay at home mom
Joseph (12 months)

Isabel
single mom working full time
Maria (24 months)

Lola, Paula, and Isabel have been neighbors for years and their families often celebrate events and holidays together. Today, Paula has planned a birthday party for her 1-year old son Joseph and invited her good friends and their children to attend.

Let’s join the party in progress...
Oh no Michael, you dropped your cup again!

I remember that!

I wonder why he keeps doing that?

Getting frustrated? I know how that feels. How old is he?

He turned seven months old last week, but I’m having so much trouble getting him to give up his bottle and drink from a cup. I’ve been trying for a whole month!
Why are you trying to wean him so soon? My Maria is two years old and still loves her bottle! It sure makes my life easier!

Isabel, what are you doing? Don’t you know how important it is to wean her from a bottle to a cup?

Why should I hurry? I just want Maria to be happy!

I heard on TV that children who are weaned to a cup by one year of age have less tooth decay and their teeth form better.
I definitely don't want to be dealing with this issue when Michael is 2 years old!

Do you really think it makes a difference?

That's not all...my friend Jenny says that if Michael stays on the bottle too long he might not get enough nutrition from the foods he eats.

Well...I can’t wait for Michael to drink from a cup. No more messy bottles to wash. Think of all the time I will save!

Yes! And you won't have to carry so many things around with you all the time.
I heard that it is really hard for children to give up the bottle, which is one of the reasons I haven’t tried it yet.

Well, let me tell you how we did it...

When Joseph was 6 months old, I started to let him play with an empty cup just so that he could get used to it.

But I don’t want Maria breaking my good glasses!

Well, try starting her with a small plastic cup that won’t break if she drops it.
No, it’s OK to put breast milk, formula, or 100% fruit juice in the cup. But, soda, tea, or punch are not good choices.

Once Joseph was used to the cup, I put a little bit of water into it at breakfast one day. I helped him lift the cup to his lips to sip from it.

Then every week I gave him the cup at another feeding. As he got more and more used to the cup, I added more liquid.

Should I only be putting water into the cup?

No, it’s OK to put breast milk, formula, or 100% fruit juice in the cup. But, soda, tea, or punch are not good choices.
So…now that you know all about weaning, let's enjoy Joseph's birthday party!

I know! I wish I had started Maria earlier.

Wow, she makes it sound so easy!

So when Joseph learned to drink more from a cup, he started drinking less from the bottle. And now that he is one year old, he drinks from a cup all the time!
BENEFITS TO WEANING

• Better nutrition
• Helps prevent tooth decay
• Helps prevent improperly formed teeth
• No more cleaning messy bottles
• No need to carry around a bottle

TIPS TO SUCCESSFUL WEANING

• Begin by letting your child play with an empty cup.
• Use a small cup that won’t break.
• Pour a small amount of water into the cup and lift it to your child’s lips to demonstrate.
• Each week, introduce the cup at another feeding.
• As your child gets more and more used to drinking from a cup, add more liquid.
• You can put breast milk, formula, water or 100% fruit juice in the cup.