

WEANING TO A CUP

A Birthday Story



My name is: _____

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

A special note for me: _____

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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...





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.



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!



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.



Wow, she makes it sound so easy!

I know! I wish I had started Maria earlier.



Should I only be putting water into the cup?

No, it's OK to put breast milk, formula, or water 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!



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
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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, or water in the cup.



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