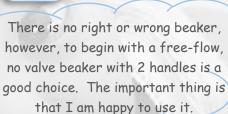
From Bottle to Beaker



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.





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,



285

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!