



# BYE-BYE BOTTLES & PACIFIERS



Wean from the bottle at 12 months of age and from the pacifier between 6 and 12 months.



Weaning at recommended ages is important to avoid possible changes in oral facial structures, dentition, ear infections and to allow for the natural development of feeding skills.



Introduce an open cup at 6 months of age and a straw at 9 months. Skip the sippy cup (unless needed for medical reasons) or use it sparingly.



Open cups small in size are easier for baby to hold. Practice open cup drinking at every meal while baby is seated in the highchair. Straw cups with a short straw that is small in diameter are best.