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# Transitioning From Bottle To Cup

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# Why and when does my child need to wean off bottle feeding?

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Prolonged use of bottle feeding for your child may result in tooth decay, overconsumption of milk, and a malformed bite. It is a good time to start weaning off the bottle when your child is one year old.

## How does my child progress from drinking from the bottle to the cup?



## How do I know my child is ready to try drinking from a cup or straw?

Your child is likely ready to start using a cup or straw when he/she:

- Is able to sit, crawl, stand, walk
- Keeps head upright independently
- Is able to keep lips sealed around straw or mouth
- Is able to drink from bottle/breast without any breathing difficulties e.g. baby gasping for air during feeding



When your child first starts on a cup or straw, it will be messy as this is a new skill for him/her to learn. The mess will decrease over time as your child familiarises himself/herself with the utensils.

## What are the types of cups/straws suitable for a child?

For cup drinking, you can use an open cup to teach cup drinking. Pour a small amount of water in a small clear cup. Offer your child small sips, one at a time. You can start by holding the cup for your child and slowly letting him/her hold the cup on his/her own when the motor skills have improved.

For straw drinking, you can start by offering liquids via a straw positioned as a dropper. As your child learns to develop independent suction skills, a regular straw cup with a short straw can be offered.

Sippy cups should be avoided as they require a persistent sucking motion and can prevent your child from developing a proper swallow pattern.



## How do we get our child to wean off the bottle?

Offer small amounts of breast or formula milk in a cup or straw with meals. As your child improves, you can increase the volume given each time.

As your child takes more milk from the cup or straw, start dropping milk bottle feeds.

You can start by choosing the bottle that the child is least attached to (e.g. mid-day bottle). Gradually, aim to drop bottles one by one and offer milk in a cup or straw.

Children with developmental needs (e.g. autism spectrum disorder) may have more difficulty transitioning from bottle to cup drinking. Speak to a doctor or paediatrician if you have any concerns.



### NUH Child Development Unit

NUH Child Development Unit is part of the Khoo Teck Puat – National University Children’s Medical Institute at National University Hospital. The clinic provides multidisciplinary assessments, therapy and holistic management of children with developmental and behavioural disorders from birth to 7 years old.

### NUH Feeding and Nutrition Clinic

NUH Feeding and Nutrition Clinic is part of the Khoo Teck Puat – National University Children’s Medical Institute at National University Hospital. The multidisciplinary team, consisting of paediatricians, dietitians, psychologists and speech therapists, provides a one-stop assessment clinic of your child’s feeding skills and behaviours as well as feeding interactions with your family.

# About the Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the Estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit [www.nuh.com.sg/nuhkids](http://www.nuh.com.sg/nuhkids).

## Contact Us

### 24-hour Children’s Emergency

Location: NUH Main Building, Zone F, Level 1  
General Enquiry: +65 6772 2555

### KTP-NUCMI

Location: NUH Main Building, Zone E, Level 2 (Accessible via Kent Ridge Wing, Zone C, Level 2, Lift Lobby C)  
Operating Hours: 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)  
General Enquiry: +65 6772 5736 Appointment Line: +65 6772 2002  
Fax: +65 6776 2102 Email: [ktpnucmi\\_appt@nuhs.edu.sg](mailto:ktpnucmi_appt@nuhs.edu.sg)

### 9a Viva-University Children’s Cancer Centre

Location: NUH Medical Centre, Zone B, Level 9  
Operating Hours: 8.30am – 5.30pm (Mon to Fri) Appointment Line: +65 6772 5030  
Fax: +65 6872 4314 Email: [cbccappt@nuhs.edu.sg](mailto:cbccappt@nuhs.edu.sg)

### NUH Children’s Urgent Care Clinic @ Bukit Panjang

Location: Junction 10, 1 Woodlands Road, #01-22, Singapore 677899  
Operating Hours: 9am – 11pm daily (including public holidays)  
General Enquiry: +65 6219 1538 Email: [childreucc@nuhs.edu.sg](mailto:childreucc@nuhs.edu.sg)  
Website: [www.nuh.com.sg/ucc](http://www.nuh.com.sg/ucc)

### NUH Child Development Unit @ JMC

Location: Jurong Medical Centre, 60 Jurong West Central 3, Level 2, Singapore 648346  
Operating Hours: 8.30am – 5.30pm (Mon to Fri) Appointment Line: +65 6665 2530/2531  
Fax: +65 6665 0158 Email: [cd@nuhs.edu.sg](mailto:cd@nuhs.edu.sg)  
Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

### NUH Child Development Unit @ Keat Hong

Location: Keat Hong Community Club, 2 Choa Chu Kang Loop, #03-01, Singapore 689687  
Operating Hours: 8.30am – 5.30pm (Mon to Fri) Appointment Line: +65 6769 4537/4637  
Fax: +65 6665 0158 Email: [cd@nuhs.edu.sg](mailto:cd@nuhs.edu.sg)  
Website: [www.nuh.com.sg/cdu](http://www.nuh.com.sg/cdu)

### National University Hospital

Location: 5 Lower Kent Ridge Road, Singapore 119074  
Tel: +65 6779 5555 Email: [NUH\\_enquiries@nuhs.edu.sg](mailto:NUH_enquiries@nuhs.edu.sg)  
Website: [www.nuh.com.sg](http://www.nuh.com.sg)



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