

How To Switch Your Baby From



Bottles



To Sippy Cups?



Get a spill-proof cup with handles for an easy transition.

Gradually reduce the number of times you give your baby a bottle.



Praise your baby when they pick up a cup instead of a bottle.

Distract your baby with toys or affection when they become fussy for a bottle.



Try making the bottle experience less yummy by diluting its content.

Use the out-of-sight, out-of-mind method by hiding the bottles.



Reference:

1. Stopping The Bottle; KidsHealth