
NE LESSON CODE IF-000-14

Weaning from the Bottle

OBJECTIVES:

Participants will be able to state:

- C One way to help wean their child from the bottle.
- C When to wean their child from the bottle.

MATERIALS NEEDED:

- C Flipchart or board, markers.
- C A Nuk nipple or a similar orthodontically designed brand.
- C A Sassy Training cup or another brand where the flow of the liquid can be regulated (optional).
- C A training cup with handles (optional).
- C Pencils for each participant
- Written Evaluation; attached, copy as needed
- Pamphlet: *Weaning Your Baby from the Bottle*, stock #13-170, English and stock #13-170A, Spanish

Note about New Lesson Survey Forms:

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Please mail completed New Lesson Surveys to:

Delores Preece
Texas Department of Health
Bureau of Nutrition Services
1100 W. 49th Street
Austin, Texas 78756

TEACHING TIP:

Clients learn best when they interact during the class. Encourage clients to talk during the class and problem-solve together. Being a part of the discussion will enforce the message for them.

ICE BREAKER:

Ask the class to tell their favorite stories about weaning children. Their stories can be about their own children, other children they know, or from their own childhood. If the discussion generates any questions write them down on the flipchart or board. Answer them by the end of the class.

1. Tell clients that the information in this class **pertains to weaning from the bottle only**. Some children will breastfeed past one year of age. This lesson is not meant to encourage breastfeeding mothers to wean around one year.
2. Cover the following points about weaning:
 - C **The key to weaning with most children is to do it gradually**. This allows your child to mature physically as the weaning process takes place. It also allows for a gradual adjustment to new foods and new ways of eating.
 - C **Start by offering your child a cup around six months of age**.

Optional: Show clients the different types of cups.

1. The Sassy Training Cup or a similar brand can work well with babies who are just beginning to drink from a cup. It has an adjustable flow rate, so that the first sips from the cup will come out slowly. When the baby is able to sip from the cup easily, the flow rate can be increased.
2. Training cups with handles work well and the handles are great for older babies to hold easily.
 - C **Your child is ready to start taking practice sips from the cup when**
 1. She can sit without support.
 2. She can eat easily from the spoon you offer .

Look for these two signs of readiness at six to eight months. At this stage offer your child a few small sips of juice, breastmilk, or formula from a cup. It will take time and practice before your child can handle drinking this way. There will be lots of spills and leaks at first. Be prepared with bibs and floor protectors.

- C **When your child is drinking from a cup more easily, start offering a cup instead of a bottle regularly at one feeding a day.** You may want to pick a feeding where your child takes very little formula from a bottle. Or pick a feeding which your child does not enjoy as much.
 - C **After a few weeks, start offering the cup instead of a bottle regularly at a second feeding, then a third, until finally your child is only getting the bottle at one feeding a day.** Make the transition gradually to allow your child time to adjust. Also, wait if your child is sick. Taking away a bottle then will be harder than when she is feeling well. Around a year to 18 months, you can take away the last bottlefeeding.
 - C **The addition of solids to your child's diet is important to weaning.** Being able to eat many different foods will encourage weaning at around a year. As solids increase, the intake of formula will decrease.
 - C **Some children will keep the bottle in their mouths for prolonged periods.** They are using the bottle as a pacifier. Teeth are exposed to milk the entire time they suck on the bottle. This can cause tooth decay. Children who use the bottle as a pacifier can have either a bottle of water or a pacifier to protect their teeth.
3. Some children will not give up the bottle. Here are some tips to help mothers either avoid the problem before it starts or to help them with the child who will not wean. Use the questions to stimulate the discussion. If the clients do not bring up all of the points, bring them up as the discussion progresses.
1. Why should you avoid giving juice in the bottle and only give it in the cup?
 - C The sugar in juice (or any sweet drink) causes tooth decay even faster than milk. Children who drink juice only in a cup may have less tooth decay. They may also have an easier time weaning than infants who get used to juice from a bottle.
 2. Why would you avoid the habit of putting your child to bed with a bottle?
 - C It is a hard habit to break. By never starting it during the first months of life, mothers can avoid problems weaning their babies.
 - C Infants can choke on a bottle left in bed with them.
 - C The sugar in sweet drinks, formulas and breastmilk can cause tooth decay in a baby.
 - C Ear infections happen more often in babies who go to sleep with a bottle in their mouths.

3. What can you do if your child insists on a bottle in bed to go to sleep?
 - C Sing or read to your baby instead.
 - C Try using a pacifier or a bottle of water.
 - C Give the bottle to your baby before she goes to bed.
4. Has anyone heard which type of nipple is the best for the growth of your child's teeth?
 - C Show clients the Nuk nipple or a similar brand. Someone in the class may have one, or you can use the model you have. This type of nipple is available on both bottles and pacifiers.
5. How long can your child suck her thumb without harming her teeth?
 - C Dentists are now saying that a child can suck her thumb until age four without causing tooth problems.
4. Check to see that all questions have been answered. Also ask the clients if they have any other tips to pass along for other moms.

EVALUATION:

Give class participants the attached Written Evaluation. After they finish the evaluation go over the correct answers.

Written Evaluation
IF-000-14, Weaning From the Bottle

The first part of the sentence is in column one. The second part of the sentence is in column two. Draw a line to connect the first part of each sentence with its correct ending.

Column 1

Give your baby juice

Letting off the bottle around
year protects

Children older than one year
who need to suck can have

Wean your child

Column 2

baby's teeth from decay.

around one year of age.

only from a cup.

a pacifier or bottle of plain
water.

**NE Lesson Code IF-000-14
Weaning from the Bottle
Lesson Survey Form - Staff**

Local Agency # _____

Date used: _____

1. Was the lesson easy to read and follow?

1. yes b. no

2. What changes would you suggest for improving this lesson?

3. Was participant feedback:

1. positive
2. negative
3. indifferent

4. Was the Spanish translation appropriate for your participants?

4. yes b. no

5. Do you plan to use this lesson again?

5. yes b. no

Comments: _____

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New Lesson Survey Form - Participant

1. The name of the class I attended today was:

2. I am: (you may circle more than one)

- a. pregnant
- 2. breastfeeding
- c. parent of an infant
- 4. parent of a child
- 5. family or friend
- 6. teenager

3. How much did you like the lesson?

- a. a lot
- b. a little
- c. not at all

4. Do you plan to use the ideas from the lesson?

- a. a lot
- b. a little
- c. not very much

5. What is the most useful thing you learned from the lesson today?

6. Comments:

Thank you for your comments!