In the first 6 months of life, breastmilk is the only food baby needs.

From 12 months onwards, your baby has enough strength in their arms and hands to start learning how to hold a cup. Your baby may show interest sooner and that is okay.

**Tips for baby:**

» Start with a plastic cup that is only half filled with water
» They can still breastfeed
» If your baby is over 12 months old, they can drink small amounts of cow’s milk diluted with water
» After 12 months, it is best to give up the bottle. This is because they have a high chance of getting:
  - Tooth decay
  - Ear infections
  - Low iron levels
  - Slow speech development.
Tips for mum and dad:

» Buy cups that are easy to wash like cups with handles
» Avoid using valve, snap-on or screw-on lids.

Space for your notes

For more information contact: CALL 13 HEALTH (13 43 25 84)

These services are confidential with experienced professionals. They can be contacted 24 hours a day 7 days a week.

All information contained in this sheet has been supplied by qualified professionals as a guideline for care only. Seek medical advice, as appropriate, for concerns regarding you and your child’s health.

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