



8

Drinking From a Cup

Babies are usually ready to drink from a cup when they can seal their lower lip on the cup and can sit without support. To help the baby learn to drink from a cup:

- Hold the cup for the young baby;
- Introduce small amounts of breastmilk, infant formula, fruit juice, or water in a cup; and
- Feed very slowly, i.e., tilting the cup so that a very small amount of liquid (one mouthful) leaves the cup; then the baby can swallow without hurry.

Weaning From a Bottle

Weaning a baby from a bottle to a cup is a gradual process requiring the baby to learn new skills. Some babies learn to drink from a cup more easily than others. To make weaning easier, a cup can be introduced in place of a bottle at the feeding of least interest or at mealtimes when other people are drinking from cups. Generally, a baby will not drink the same quantity of fluid from a cup as from a bottle at a feeding. Discuss with the parents that it is recommended to totally wean babies off the bottle and onto a cup by 12 to 14 months of age. Children still feeding from a bottle beyond 12 to 14 months of age may:

- be more likely to develop tooth decay,
- consume so much milk that they don't eat enough solid foods to get an adequate amount of nutrients, and
- be delayed in developing appropriate feeding skills.

Breastmilk or Formula From a Cup

Discuss with the parents when they would like you to feed breastmilk or infant formula from a cup. Babies will consume less breastmilk or formula from the bottle as their intake of solid foods and drinking from a cup increases.

Fruit Juice

Only serve fruit juice to babies when they are developmentally ready to drink from a cup and are at least 6 months of age or older. If fruit juices are introduced, remember:

- Consult and coordinate with parents about introducing fruit juice. Introduce new fruit juices one at a time and at least 1 week apart, and observe the baby for reactions to the juice.



- Choose a 100 percent fruit juice that is pasteurized and naturally high in or fortified with vitamin C. Only full-strength fruit juice is reimbursable for infants ages 8 through 11 months in the Infant Meal Pattern. Either regular fruit juice with vitamin C or commercial baby juices can be served.
- Do not feed babies unpasteurized juices—they may contain bacteria that could make a baby very sick.
- Only feed fruit juice in a cup. Do not feed fruit juice in a bottle or let a baby carry around or drink continuously throughout the day from a bottle or covered (sippy) cup of juice. Do not give babies juice at naptime.
- When using juice for a snack, measure 2 to 4 ounces of juice. Limit the total juice given to a baby to no more than 4 ounces per day. Too much juice can spoil a baby's appetite for other nutritious foods and can cause diarrhea, gas, abdominal pain and bloating, and tooth decay. Fruit juice contains very few nutrients compared to other nutritious foods.
- Avoid feeding citrus (orange, tangerine, and grapefruit), pineapple, and tomato juices before 6 months of age because they are more likely to cause an allergic reaction.
- Do not feed babies fruit drinks, fruit punch, soda pop, artificially sweetened drinks, and sweetened iced tea. They are not 100 percent fruit juice and contain added sugar.

Fruit juices cannot be used to meet the fruit and vegetable components in the Infant Meal Pattern. Juice drinks (which contain some full strength fruit juice, water, and possibly other ingredients), fruit and vegetable juice blends, and vegetable juice are **not** reimbursable in the Infant Meal Pattern.

Other Beverages

WATER

Consult with the parent about what the baby's doctor recommends about feeding plain water to the baby. Water fed to babies as plain water, mixed with formula, or mixed with foods, should be from a source approved by the local health department. As a precaution, sterilize the water fed to babies or used to prepare formula or foods. If tap water is used, collect only from the cold water tap which has been allowed to run for 2 minutes (hot tap water may pick up lead from water pipes). Sterilize the water by bringing it to a very bubbly boil, boiling for 1 to 2 minutes, and then letting it cool. Do not boil for a long time because this concentrates harmful substances that may be in the water (e.g., lead, nitrates). If there is a flood or disaster in

the area that contaminates the water supply, consult with the local health department on procedures to disinfect water or obtain clean water.

WHOLE COW'S MILK

Whole cow's milk is not recommended for babies less than 12 months of age and is **not** reimbursable as a meal component in the Infant Meal Pattern unless it is approved by a recognized medical authority. Whole cow's milk is a poor source of iron, vitamin C, and other nutrients and contains too much protein, sodium, and other nutrients. Breastmilk and iron-fortified infant formula contain adequate amounts of the nutrients babies need. Whole cow's milk may cause babies to develop iron deficiency anemia. Parents (or guardians) who are concerned that they cannot afford to buy infant formula, for babies who are not breastfed or are only partially breastfed, can be referred to the local Special Supplemental Nutrition Program for Women, Infants, and Children (WIC Program) for assistance. Contact your local health department for more information.

Consult with parents about introducing whole cow's milk. At 12 months of age, whole cow's milk can gradually be introduced by mixing part whole cow's milk and part breastmilk or infant formula at a particular feeding and, over time, increasing the amount of whole cow's milk in the cup. If cow's milk is served, only serve whole, pasteurized milk. Raw cow's milk has not been pasteurized (heated to kill disease-causing bacteria). Babies could get very sick from drinking unpasteurized cow's milk that has not been heated to kill harmful bacteria.

REDUCED-FAT AND FAT-FREE (SKIM) COW'S MILK

Do not serve fat-free (skim) milk, reconstituted nonfat dry milk, or reduced-fat milk to babies or young children less than 2 years old. These milks contain too little fat and too much protein for very young children. Babies and young children need fat for proper growth and for development of the brain and nervous system. Fat is found in the right amounts in breastmilk, infant formula, and whole cow's milk (for 1 to 2 year olds).

OTHER MILKS

For babies who are not breastfed or are partially breastfed, iron-fortified infant formula is the formula of choice and is reimbursable as a meal component in the Infant Meal Pattern. See page 24 for more information on the milks that are not recommended for babies less than 12 months of age.