

# Breaking Your Toddler's Bottle Habit



## Dental Program

A bottle habit is when a toddler uses a bottle for comfort rather than nutrition.

Bottles given in bed or often throughout the day with anything other than water could damage your child's teeth and lead to cavities.

**Be patient, understanding,  
and don't give up!**

## Tips to support you in breaking the bottle habit.

1. Set a date for when you want to begin to wean your child from the bottle.
2. At night, try slowly decreasing the amount of milk you put in the bottle each time. If they want more, offer a bottle of water instead.
3. Gradually reduce the number of bottle feedings every 5 to 7 days.
4. Limit the number of places your child is allowed to drink from a bottle. Walking around with a bottle or sippy cup can lead to face or mouth injuries.
5. Create a monumental moment for your child by celebrating the exchange of their bottle for their bigger cup.
6. Gradually replace the bed time bottle ritual with a new one such as reading a book or a bath and cuddle your child often.
7. Leave the bottle behind when you go out or on a trip.
8. Give your child a hearty snack (things like yogurt or cheese) before bedtime toothbrushing so you know they are not hungry when they wake up wanting a bottle.

All toddlers will experience withdrawal from a long established habit of using the bottle. Getting your child to give up the bottle can be challenging. The key to success is consistency and patience.

**Contact us**

