

# Start a cup as I grow up

## DID YOU KNOW?



From 6 to 12 months  
start a sippy cup



From 12 to 15 months  
start a regular cup



By 18 months  
wean from bottle

Prolonged bottle use can increase the risk of developing tooth decay and cause other problems with your child's teeth. Children should be fully weaned from bottles by 18 months of age!



For more information, please visit  
[www.aboutkidshealth.ca/DentalCare](http://www.aboutkidshealth.ca/DentalCare)