

Appropriate Use of Bottles, Cups, and Weaning

STAFF WORKSHEET

Instructions

- View the Meaningful Minutes – [Appropriate Use of Bottles, Cups, and Weaning](#) video.
- Review the resources below and reflect on how you might use them when working with participants.

Resource one: Baby's first cup

[Baby's First Cup \(PDF\)](#) - Minnesota WIC Program, 2022.

- What signs of readiness for cup introduction are highlighted?
- How could you use this resource with a caregiver who is unsure when to start cup practice?

Resource two: HealthyChildren.org articles

[From bottle to cup: Helping your child make a healthy transition](#) - HealthyChildren.org. (2018, November 21), American Academy of Pediatrics.

[Why it's important to take care of baby teeth](#) - HealthyChildren.org. (2024, December 3), American Academy of Pediatrics.

- After reviewing these resources, what counseling message from these resources would be most helpful for a caregiver who is hesitant to begin bottle weaning?

Resource three: Colorado WIC Infant Nutrition Module (pp. 51–52)

[Colorado WIC Infant Nutrition Module](#) (pp. 51–52) - Colorado Department of Public Health and Environment (2026).

- What counseling tips from this section would be most useful during participant appointments?

Resource four: WICHealth.org handouts and video

[A Cup's Purpose- 5 Reasons to Offer One](#) - WICHealth.org.

- Which benefit of open cup use stood out most to you?

[Simple Ways to Care for Your Baby's Teeth and Gums.](#)

- How could this resource support anticipatory guidance during an infant appointment?

[Baby Bottle Tooth Decay](#) (Video) - WICHealth.org.

- What key message from the video would help explain the connection between feeding habits and oral health?

Final reflection

- What is one new counseling tip or strategy you plan to use after this training?
- Which resources are you most likely to share with participants and why?
- What is one new assessment question you plan to use to help identify Risk Code 411B?

References- complete listing of hyperlinks:

[Baby's First Cup \(PDF\) \(https://www.health.state.mn.us/docs/people/wic/nutrition/english/infcup.pdf\)](https://www.health.state.mn.us/docs/people/wic/nutrition/english/infcup.pdf)

[From bottle to cup: Helping your child make a healthy transition \(https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Discontinuing-the-Bottle.aspx\)](https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Discontinuing-the-Bottle.aspx)

[Why it's important to take care of baby teeth \(https://www.healthychildren.org/english/ages-stages/baby/teething-tooth-care/pages/how-to-prevent-tooth-decay-in-your-baby.aspx\)](https://www.healthychildren.org/english/ages-stages/baby/teething-tooth-care/pages/how-to-prevent-tooth-decay-in-your-baby.aspx)

[Colorado WIC Infant Nutrition Module \(https://drive.google.com/file/d/15GXBXPwQhbKPvTDVyleK04nfw4RZi2d/view\)](https://drive.google.com/file/d/15GXBXPwQhbKPvTDVyleK04nfw4RZi2d/view)

[A Cup's Purpose- 5 Reasons to Offer One \(https://www.wichealth.org/Member/Resource?id=5780&languageId=1\)](https://www.wichealth.org/Member/Resource?id=5780&languageId=1)

[Simple Ways to Care for Your Baby's Teeth and Gums \(https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/73a9517c-0330-4d20-a934-b9a5eeb31741.jpg\)](https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/73a9517c-0330-4d20-a934-b9a5eeb31741.jpg)

[Baby Bottle Tooth Decay \(https://www.wichealth.org/Member/Resource?id=4503&languageId=1\)](https://www.wichealth.org/Member/Resource?id=4503&languageId=1)

Minnesota Department of Health - WIC Program, 625 Robert St N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

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