

411 Inappropriate Nutrition Practices for Infants (I)

411.2 Inappropriate Use Bottle or Cup

**Description**

- Often uses bottle or cups improperly:
  - Juice in bottle, sugary fluids, bottle in bed, propping bottle, wandering with cup, food (i.e. cereal) in bottle

**Assess Readiness for Change:** with open ended questions

- “Sam takes his bottle to bed. How does he do if you don’t give him a bedtime bottle?”
- “How familiar are you with the term baby bottle mouth?”

**Discussion, Counseling and Education**

**If the answer is:**

**Try Counseling Strategies**

**Try Education**

**Not ready** →

“He can hold it now by himself so I let him. My other kids did too.”

Raise awareness & personalize change

- “We don’t recommend bottles in bed, since it can damage their teeth, called baby bottle tooth decay (BBTD). How strongly do you feel about continuing the night bottle even if your other kids did?”
- “May I share some BBTD information with you?”
- “What other times does he hold the bottle himself or do you find you need to prop the bottle?”

- “You are eligible for WIC because your baby takes a bottle to bed. When an infant/child takes a bottle to bed it can cause tooth decay. It sounds like you want to continue his bottle. What other things would you like to talk about today?”

**Record Plan or Goal**

Child with bottle at appointment. Mom looked at handout but appears hesitant to stop bottles. Re-assess next appointment.

**Unsure** →

“I never thought about it. I always give him a bottle so he sleeps better.”

Raise awareness & confidence & identify barriers to change

- “It sounds like you haven’t heard about dental concerns from putting a child to bed with a bottle. How open would you be talking about that?”
- “On a scale of 1-10, now that you have heard about BBTD, how concerned are you about your child’s teeth?”

- Offer warning of BBTD & carries risk
  - From bedtime or wandering with bottle/cup
  - Offer all juice in cup
  - No bottles to bed (unless water only)
- Infant feeding habits may continue into childhood
  - Decay may damage permanent teeth underneath
- Propping bottles deprives infant of nurturing, leads to ear infections, choking and tooth decay
- Food in bottle leads to force or overfeeding, limits developmental experiences and risk of choking

**Record Plan or Goal**

Mom says teeth show no problems. Took brochure. Will think about bedtime bottles. Re-assess next appointment.

**Ready** →

“Am I not supposed to let him have his bottle at night? He doesn’t have any teeth yet.”

Help plan change-support

- “We don’t recommend it even if they don’t have teeth yet. It makes it harder to get rid of the bottle when they are older. And can damage teeth that are just breaking through. What other methods have you used to get your child to sleep?”

- “It sounds like you want to try weaning him off the bedtime bottles. One thing you can try is to give the bottle but just use plain water. That won’t damage his teeth. How does that sound?”

**Record Plan or Goal**

Mom to try water only bottle at night. Follow-up level of success next appointment.

**Education**

[http://here.doh.wa.gov/materials/time-for-a-cup-6-to-8-months/15\\_WICcup\\_E04L.pdf](http://here.doh.wa.gov/materials/time-for-a-cup-6-to-8-months/15_WICcup_E04L.pdf) Handout- WA WIC- Time for Cup

**Resources**

<http://www.fns.usda.gov/TN/Resources/feedinginfants-ch5.pdf> Resource (or long handout)- How to feed using a baby bottle