



## BYE-BYE BOTTLE

### A NUTRITION IN-SERVICE FOR STAFF

“There are two lasting bequests we can give our children.  
One is roots. The other is wings.”  
~ Hodding Carter, Jr.



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A lesson on the effects of extended  
bottle use and inspiring WIC clients to  
discontinue bottle use for toddlers.

**Who:** Participants: WIC Staff, range of 2-15 participants with a varying degree of maternal, infant and child nutrition knowledge and WIC experience.  
Leader: WIC RD/Nutritionist

**Why:** There are many reasons that bottle use continues after a child is one year old. There are also significant health effects of continued bottle use. When WIC staff explore with the client why their child continues to use a bottle, they can share with them the health effects and motivate their commitment to wean from the bottle.

**When:** A monthly in-service that is designed to be 30 to 60 minutes - depending on the discussion and the number of staff attending.

**Where:** The session was designed for a WIC classroom, meeting room or large office depending on the size of the group.

**What:**

- By the end of the session participants will have:
- Reviewed negative effects of extended bottle use.
- Listed reasons caregivers give a bottle to toddlers.
- Reviewed the WIC risk associated with extended bottle use.
- Identified strategies to share with caregivers on how to discontinue bottle use.

**Materials** Flip chart or white board for warm up activity

**Needed:** Large sticky notes for Part 2

Copies of:

- TH #07: Other uses for bottles (weaning) - "After a year, it's time to use those bottles for something else" (one for each participant printed from <http://www.touchingheartstouchingminds.com>)  
Select Emotion Based Materials. Select For Mothers of Infants.
- Bye-Bye Bottle In-service *Participant Copy*
- Bye-Bye Bottle In-service *Feedback Form*

**Background** For review before leading group:  
**Reading for Leaders:** Washington State WIC Manual, Volume 1, Chapter 14 - Nutrition Risk Criteria - Inappropriate Use of a Bottle/Cup.

#TH 07: Other uses for bottles (weaning) “After a year, it’s time to use those bottles for something else”

<http://www.touchingheartstouchingminds.com>

For further review and consult:

- Ellyn Satter, 2000, *Child of Mine: Feeding with Love and Good Sense*, Palo Alto CA, Bull Publishing Co.
- “Baby’s First Cup” <http://www.wichealth.org>
- FDA’s recommendations on BPA (Bisphenol-A), [www.fda.gov/oc/opacom/hottopics/bpa.html](http://www.fda.gov/oc/opacom/hottopics/bpa.html)

**How:**

- Schedule in-service.
- Review background information.
- Review in-service *Leader Copy (italicized print indicates leader speaking)*.
- Prepare materials needed.
- Have fun!

**Introduction / Warm-Up****5 minutes**

*Welcome! I will be the leader for this month's nutrition training. I encourage all of you to participate. Together we can explore our topic and discover strategies to support our WIC clients.*

*By the end of this session you will have:*

- *Reviewed negative effects of excessive bottle use.*
- *Listed reasons caregivers give a bottle to toddlers.*
- *Reviewed the WIC risk associated with extended bottle use.*
- *Identified strategies to share with caregivers on how to discontinue bottle use.*

*Let's think about the potential negative effects of extended bottle use. Divide into groups of three or more and write down as many potential negative effects as you can think of.*

Give time for group discussion.

Call group back.

*Who would like to share what they came up with?*

Compile list on flip chart, white board or overhead projector.

List may include:

- Baby bottle tooth decay
- Excess calorie intake
- Insufficient calorie intake
- Speech delay
- Increasing bottle attachment

**Part 1****10 minutes****Lynn's Story Handout**

*Let's look at the hand-out from the "Touching Hearts, Touching Minds" series, "After a year, it's time to use those bottles for something else."*

*Please follow along as I read "Lynn's story".*

Read Lynn's story.

*What surprised you about this story?*

*What touched your heart about this story?*

**Part 2****5 minutes****Listing Reasons**

*Please pair up with a partner. Come up with reasons caregivers use the bottle more than is optimum. This includes putting child to bed with a bottle, allowing bottle use without restriction and using the bottle beyond 14 months. Write one reason per sticky note, place on flip chart. We will hear your responses.*

Give time for group discussion.

Call group back.

*Read sticky notes, combine like and similar responses.*

Reasons may include:

- Comforting to child
- Easy
- Convenience
- Portable
- Less mess
- Feels like it Offers “some nutrition” for a picky eater

**Part 3****10 minutes****Identifying Strategies**

*Which Washington State WIC nutrition risk pertains to extended bottle use?*

Review: Washington State WIC Manual, Volume 1, Chapter 14 - Nutrition Risk Criteria - Inappropriate Use of a Bottle/Cup.

*Let’s look, again, at the hand-out from the “Touching Hearts, Touching Minds” series, “After a year, it’s time to use those bottles for something else.”*

*In pairs:*

- *Review Lynn’s list on how to protect your child’s smile.*
- *Make a list of other ideas about how to reduce or stop bottle use.*
- *Discuss how you could use Explore, Offer, Explore when working with a client on this topic.*
- *Brainstorm potential Explore, Offer, Explore questions.*

*Examples of Explore, Offer, Explore:*

**Explore:** *What have you heard about weaning your child from the bottle?*

*What concerns do you have about weaning?*

*What are your plans around weaning?*

**Offer:** *Other parents have found this strategy... to work well.*

*That is a common concern...*

*Have you considered....?*

*One recommendation...*

**Explore:** *What do you think about that idea?  
Based on these suggestions, what do you see yourself doing?*

*We will hear some of your responses.*

*What were some ideas you had about cutting back to stopping bottle use?*

*Who would like to share their Explore, Offer, Explore?*

<b>Closing</b>
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<b>3 minutes</b>
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*Thanks for participating today. We heard some great discussion and ideas that will help us to better serve our WIC clients.*

*Please fill out a Feedback Form – your input is greatly appreciated.*

Collect Feedback Forms.

Make any notes you have as a leader.

Review participants' Feedback Forms.

Document this training.

**Optional Activity (if time allows)****5 minutes**

*There has been some information in the media about the safety of plastic bottles. Listen as we take turns reading from the review box below. Underline what strikes you. We will hear what you underlined and why.*

Bisphenol-A (BPA) is a component of polycarbonate plastic (identified by the #7 recycling triangle). The chemical has come under scrutiny, as some studies show that it mimics the hormone estrogen and other studies have raised questions about its effects on cancer risk, fertility and behavioral problems.

However, most studies have concluded that the chemical levels found in food and beverages stored in polycarbonate containers have no effect on human health. The highest concentrations of BPA were found to leach from bottles that were extremely scratched, worn, or the liquid had been boiled for 20 to 30 minutes in the bottle.

To minimize babies exposure to BPA, you can make the following recommendations:

- Discard all bottles that are worn or have many scratches.
- Use glass bottles instead of plastic.
- Plastic bottles made from polypropylene and polyethylene do not contain BPA; they can be identified by the recycling symbol #1, #2, #4 and #5.

*Who would like to share what they underlined?*

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### Learning Objectives

By the end of this session you will have:

- Reviewed negative effects of excessive bottle use.
- Listed reasons caregivers give a bottle to toddlers.
- Reviewed the WIC risk associated with extended bottle use.
- Identified strategies to share with caregivers on how to discontinue bottle use.

Divide into groups of three or more and write down potential negative effects of excessive bottle use.

### Part 1

#### Lynn's Story Handout

"After a year, it's time to use those bottles for something else."

What surprised you about this story?

What touched your heart about this story?

### Part 2

#### Listing Reasons

Please pair up with a partner.

Come up with reasons caregivers use the bottle more than is optimum. This includes putting child to bed with a bottle, allowing bottle use without restriction and using the bottle beyond 14 months. Write one reason per sticky note, place on flip chart.

We will hear your responses.

### Part 3

#### Identifying Strategies

Which Washington State WIC nutrition risk pertains to extended bottle use?

Let's take a look at the handout: "After a year, it's time to use those bottles for something else."

In pairs:

- Review Lynn's list on how to protect your child's smile.
- Make a list of other ideas about how to cut down or stop bottle use.
- Discuss how you could use Explore, Offer, Explore when working with a client on this topic.
- Brainstorm potential Explore, Offer, Explore questions.

Examples of Explore, Offer, Explore:

**Explore:** *What have you heard about weaning your child from the bottle?*

*What concerns do you have about weaning?*

*What are your plans around weaning?*

**Offer:** *Other parents have found this strategy... to work well.*

*That is a common concern...*

*Have you considered....?*

*One recommendation...*

**Explore:** *What do you think about that idea?*

*Based on these suggestions, what do you see yourself doing?*

We will hear some of your responses.

What were some ideas you had about cutting back to stopping bottle use?

Who would like to share their Explore, Offer, Explore?

#### Closing

Thanks for participating today.

Please fill out a Feedback Form - your input is greatly appreciated.

To print the hand-out used today please visit:

<http://www.touchingheartstouchingminds.com>.

Select Emotion Based Materials.

Select For Mothers of Infants.

#TH 7 Other uses for bottles (weaning) "After a year, it's time to use those bottles for something else"

## Optional Activity

There has been some information in the media about the safety of plastic bottles. Listen as we read from the review box below. Underline what strikes you as new or interesting. We will hear what you underlined and why.

Bisphenol-A (BPA) is a component of polycarbonate plastic (identified by the #7 recycling triangle). The chemical has come under scrutiny, as some studies show that it mimics the hormone estrogen and other studies have raised questions about its effects on cancer risk, fertility and behavioral problems. However, most studies have concluded that the chemical levels found in food and beverages stored in polycarbonate containers have no effect on human health. The highest concentrations of BPA were found to leach from bottles that were extremely scratched, worn, or the liquid had been boiled for 20 to 30 minutes in the bottle.

To minimize babies exposure to BPA, you can make the following recommendations:

- Discard all bottles that are worn or have many scratches.
- Use glass bottles instead of plastic.
- Plastic bottles made from polypropylene and polyethylene that do not contain BPA are identified by the recycling symbols; #1, #2, #4 and #5.

The FDA has made the following statement regarding Bisphenol A: "At this time, FDA is not recommending that anyone discontinue using products that contain BPA while we continue our risk assessment process. However, concerned consumers should know that several alternatives to polycarbonate baby bottles exist, including glass baby bottles."

FDA's recommendations on BPA can be found at <http://www.fda.gov/oc/opacom/hottopics/bpa.html>



