



BABY'S FIRST CUP

TIME FOR A CUP!

Offer a cup when your baby is 6 to 8 months old. Learning to use a cup is an important developmental step for baby. Help your baby be ready to wean off the bottle by 12-14 months of age. Using a bottle for longer than recommended can affect baby teeth, cause ear infections, and a poor appetite. Teach your baby how to use a cup. Be a good role model and show them how!

WHAT ARE MY OPTIONS?

Open top cup

A cup without a lid. This is the best option. Your child will learn how to form their lips around the cup to drink. Drinking from a cup helps develop mouth muscles needed for speech.

Spouted cup

A cup with a lid and spout. Liquid should freely flow through the spout. Avoid sippy cups with no-spill valves. Babies suck from these cups just like a bottle. A valve also makes it difficult to clean the cup.

Straw cup

A cup with a straw added or built in. The straw helps speech development and the ability to chew foods.

Try these tips:

- Use a small open cup. A cup with two handles works well while babies are learning. Help them hold a cup and bring a cup to their lips to practice drinking water.
- Offer an open cup at meals and snacks when they are sitting in their feeding chair.
- Put water in the cup between meals and snacks. Frequent sips of formula, juice, milk, or sweetened beverages can cause tooth decay.
- When they use a cup, offer praise and tell them you are proud.
- Prepare for leaks and spills. Be patient and allow them to practice! They will get better over time.
- Keep bottles out of sight when trying the cup. If they do not see the bottle, they are less likely to ask for it.

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