

Can We Use a Sippy Cup?

When your baby drinks from a sippy cup they are using a suck motion like they would with a bottle. We want your baby to learn to sip.

Isn't this Going to be Really Messy?

Yes it is! For easier clean up, we suggest starting with water. You may wish to start by using the cup as a bath time toy. With time and practice, your baby will get better at drinking from a cup and hopefully spill less.

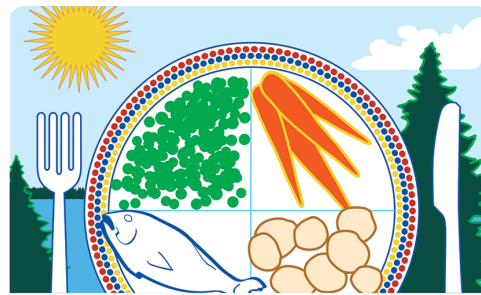
What if My Baby Does Not Want the Cup?

- Like learning to walk, cup drinking takes practice and encouragement.
- Try giving your baby an empty cup to handle and play with.
- Make sure your baby is happy and awake when starting to use a cup.
- Remember to be patient. It may take time, but your baby will get used to using a cup.
- Make sure the cup is right for your baby's abilities. Choose a cup that is small, light and durable.

Start drinking water from an open cup at six months.



Northern Healthy Communities Partnership



HEALTHY EATING TEAM

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Growing Up... Time for an Open Cup



Why an Open Cup?

An open cup:

- Develops your baby's speech muscles.
- Helps your baby achieve a healthier weight.
- Makes it less likely that your baby will get cavities.

When?

- Your baby should start practicing drinking from an open cup at 6 months of age.
- Most of your baby's nutrition will still come from breastmilk or formula. Baby will start to eat solid foods around this age as well.
- If formula feeding, start weaning your your baby off the bottle at 12 months. Baby should no longer be using a bottle by 18 months.

What to Put in the Cup

- When starting with an open cup, use water.
- As your baby's skills improve you can consider offering expressed breastmilk or formula in addition to water. Whole cow's milk can be offered when your baby reaches 9-12 months of age.
- Your baby does not need juice, pop, or other sugary beverages.

How to Help

- Seat your baby securely and comfortably with baby's bottom well back in the chair.
- When your baby is ready to try drinking, add a small amount of water. Increase the amount as she gets better at drinking from the cup.
- If needed, you can help your baby by gently tipping the cup from the bottom.
- Always use your baby's name and encouraging words, e.g. "drink up" or "mmm".

