

PRACTICE MAKES PERFECT

HELPING YOUR BABY SWITCH FROM BOTTLES TO A CUP!



Why should I introduce my baby to a cup?

Switching to sippy cups, also called training cups, is an important part of development. Your baby will learn how to sip rather than suck and will be less likely to have cavities.

When should I let my baby try using a cup?

Your baby should be able to sit unsupported, which is usually around the age of 6 months. But, every baby is different, so start when your baby is ready. Your baby should be off of the bottle by 14 months of age.

What type of cup should I use?

Find one that works best for your baby. It can have a spill-proof cover, a spout, or handles. Avoid cups with straws or valves while your baby is learning to drink from a cup. These will make your baby suck when they should be learning to sip!



TIPS!

PROTECTING YOUR BABY'S TEETH

- Don't let your baby walk or run with a sippy cup or bottle, so they won't fall and get hurt.
- Let your baby play with empty cups to get used to holding them.
- Start by offering a little water once per day during meal times.
- You don't have to start with sippy cups. You can start with small, open cups too!
- Transitioning can be made easier by providing other sources of comfort such as singing, reading, and playing, rather than offering a bottle immediately.
- Avoid giving your baby a bottle or a sippy cup during naptime or at bedtime, unless it is only filled with water.
- Always clean your baby's teeth before placing them in bed.
- Help to keep your baby cavity-free by scheduling visits with your pediatric dentist once the first tooth appears or at 1 year of age.
- The American Academy of Pediatrics recommends not giving your baby juice before 1 year of age. For children ages 1-3 years, limit juice to 4 oz. per day.



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