



TIPS AND TRICKS SERIES

Sippy Cups — Friend or Foe?

Sippy cups can help children move from bottles to regular cups, but they should only be used for a short time.

Why it matters:

- Frequent sipping of drinks with sugar or acids increases the risk of cavities.
- Prolonged use of sippy cups, especially those with hard spouts or valves, may affect drinking and swallowing skills. Children need practice drinking from an open cup.

What to do:

- Begin offering a small, open cup around 6 months, when your baby starts solid foods.
- Offer water between meals and milk with meals.
- Use a sippy cup when needed, such as during travel.

What to avoid:

- Avoid sugary drinks, including juice and flavored milk, in sippy cups.
- Don't let children walk or run while drinking.
- Don't use a sippy cup as a pacifier or toy.

Choose a better cup:

- Choose a cup without a valve or a cup with a straw.
- Use a cup with two handles if needed.
- Encourage drinking from an open cup as skills improve.



Open Cups Are Best!

Sippy cups are a temporary tool. Help your child practice drinking from an open cup and gradually use it more often.

More Tips & Tricks on Feeding & Drinking :

- Breastfeeding & Healthy Baby Teeth
- Bottles & Bedtime
- Weaning from Bottle to Cup