

TIPS TO FOLLOW

When Introducing A Sippy Cup To Your Baby



Begin their sippy cup journey once the baby can sit independently.



Ensure that the baby is capable of holding the cup with both hands.

Select a soft-spouted sippy cup to promote better oral motor skills.



Opt for a cup without an anti-slip valve for better tongue mobility.

Initially, offer an empty cup to help the baby get accustomed to it.



Offer the cup when the baby is alert, cheerful, and receptive.

Show your baby how to use the cup for effective learning.



Avoid offering sweetened drinks in the cup to prevent tooth decay.

References:

1. Bottle Or Cup; ACT Government
2. Introduction To The Cup; Minnesota Department of Health