...by 18 months, most toddlers can hold a cup without a cover and drink from it without spilling.



Most sippy cups are spill proof and seem like a good idea. Your toddler will spill less on the carpet, furniture and himself.

can sippy cups be a problem?

Yes, using a sippy cup often during the day can cause...

Tooth Decay - Cavities can happen when taking little sips of milk, juice and other drinks all day long. Some toddlers walk around the house, ride in a car, and even go to bed with a cup.

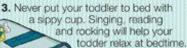
Poor Appetite - Your toddler may fill his small turnmy with too much milk or juice, He may seem fussy at meal times, but he may not be hungry.

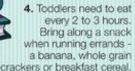
Unhealthy Eating Habits - Walking around the house with a sippy cup is not a healthy eating habit. It is better for your toddler to learn to drink and eat in the kitchen. This will help limit mindless eating and drinking later in life.

be smart when using sippy cups:

Sippy cups are meant to help your toddler switch from a bottle to a cup without a cover.

- Do not let your toddler walk around the house with a sippy cup.
 - Use a cup at meals and snacks. Then put the cup away.





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my toddler to drink rom a cup

out a cover?

ut a cover at meals and snacks.

that your toddler can easily get around and lift to his mouth.

amounts of milk, juice or water ill the cup as needed.

eeds to practice thout a cover.

s. Don't practice a sheet of plastic his high chair. of bib

oddler ou drink cup out a cover.

our toddler how to. d and lift a cup, nk from a cup,

up down without spilling.

oddler can drink from a cup
ver, put away the sippy cup.

kay to use a between meals?

toddler will be thirsty needs to drink water ten meals and snacks. In water in the sippy cup, a child size water bottle.

wides general nutrition information; be obtained from your health care provider

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