

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

sippy cup



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 tummy 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.

1. Do not let your toddler walk around the house with a sippy cup.
2. Use a cup at meals and snacks. Then put the cup away.
3. Never put your toddler to bed with a sippy cup. Singing, reading and rocking will help your toddler relax at bedtime.
4. Toddlers need to eat every 2 to 3 hours. Bring along a snack when running errands - a banana, whole grain crackers or breakfast cereal.



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How can I help my toddler to drink from a cup without a cover?

Don't use a cover at meals and snacks.

Make sure that your toddler can easily get the cup around and lift to his mouth.

Use small amounts of milk, juice or water so your toddler will fill the cup as needed.

Encourage your toddler to practice drinking without a cover.

Use a bib. Don't practice drinking from a sheet of plastic. Use a high chair. Use a bib.

How can I help my toddler to drink from a cup without a cover?

Teach your toddler how to... hold and lift a cup, drink from a cup, and put the cup down without spilling.

When your toddler can drink from a cup without a cover, put away the sippy cup.

When is it okay to use a sippy cup between meals?

Your toddler will be thirsty between meals and snacks. Offer water in the sippy cup, but use a child size water bottle.

For more general nutrition information, please contact your health care provider.

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