

FROM BABY BOTTLE TO CUP

The Problem with Sippy Cups

Why is it important to wean the baby from the bottle?

Tooth decay can start as soon as the baby teeth come in. One of the reasons children get cavities at an early age is that they have a lot of liquids containing sugar – including milk, formula, and fruit juice throughout the day and night.

Because decay can destroy the teeth of a baby or toddler, parents should encourage their children to drink from a cup by their first birthday.

What type of training cup is the right one?

The best cup is the one with no valve. Stores offer a wide variety of training cups (also called “sippy” or “tippy” cups). Most of these are “no-spill” cups – nothing more than baby



bottles in disguise. It may stop the spills but it does not allow your child to learn to sip from a cup. The only way your child can get liquid from this cup is by sucking (like from a baby bottle).

When shopping for a training cup, look for one with a snap-on or screw-on lid with a spout. It

might be handy to have one with two handles and a weighted bottom so that it pulls the cup upright when it tips, making less spills.

How do I switch my baby to the training cup?

- Don't let your child sip liquids containing sugar (including milk and juice drinks) all day, because that makes tooth decay.
- Offer these liquids at mealtime. If your child is thirsty between meals, offer water in the cup.
- Don't let them carry the training cup around.
- Toddlers are often unsteady and when they fall with the cup, they may hurt their mouth.
- A training cup is used for a short time - just until the child learns to sip. After that, it's no longer needed.

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