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SIPPY CUPS

Be patient.

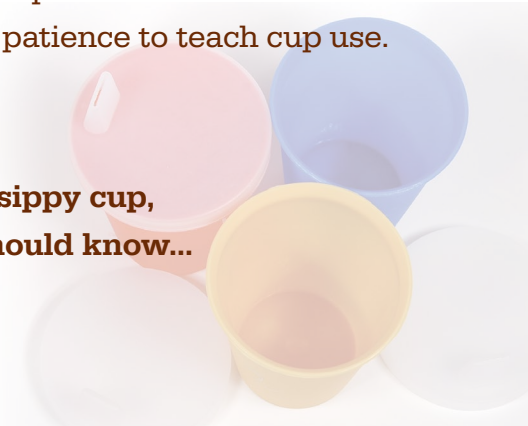
It takes time to teach your child something new.



Department of Health

Sippy cups are sometimes used to train children how to drink from a cup, but can lead to problems. Your child does not need to use a sippy cup. Cups without lids work too. Remember, it takes time and patience to teach cup use.

If your child already uses a sippy cup, here are some things you should know...



Tips for using sippy cups:

- ☺ Use a cup small enough for a child's hands.
- ☺ Use a cup when child is seated.
- ☺ Use a cup only at meal or snack time.
- ☺ Help your child use a cup without a lid by 12 to 14 months.
- ☺ Avoid cup use in the car. It can cause choking.

Using a sippy cup may cause:

- ☹ Tooth decay.
- ☹ Delayed speech.
- ☹ Poor appetite.
- ☹ Weight problems.
- ☹ Illness from germs on poorly washed lids.

TYPES OF CUPS AND SIPPY CUPS



YES



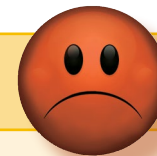
- 4 ounces
- no lid



OK



- 4 – 6 ounces
- lid, not spill proof



NO



- 8 ounces or more
- spill proof