



Cups for Crawlers

There are a variety of cups to choose from:

Hourglass-shaped cups are easy to pick up and set down without tipping.

Insulated cups keep drinks cool.

How to offer a cup

Hand a cup to your child with a small amount of water and help them bring the cup to their mouth. Slowly tilt the cup for your baby, and after a lot of these cup trials they will be able to do it on their own. You will notice your baby has an incomplete lower lip seal, so a cup with a spout can help control spills. If you continue these steps and have your little one watch you drink from a cup, they will be on her way to drinking only from a cup.

Quick cup do's and don'ts

- **Do** have a variety of cup shapes so your baby continues to learn.
- **Do** choose easy-grip cups, those with handles are great options too.
- **Do** use a regular open cup too. This works different mouth muscles, helping your little one hone yet another skill.
- **Don't** let your child carry the cup everywhere they go.
- **Don't** put your child to bed with the cup, to avoid them drinking too much or getting cavities.