

Tips for Using a Training Cup

- Be patient. It takes time to teach your child a new skill.
- Most children are ready to begin around 7 to 9 months of age.
- Let your child play with the cup before putting anything in it.
- Use a 4-6 ounce training cup, small enough for little hands. Put a small amount of liquid in to start.
- Give the training cup at meals or snacks while the child is seated. They only need to drink when they are thirsty or at meals.
- Water is a great choice for the training cup. Breast milk or formula can be used too. Avoid filling with sugary beverages.
- Try a training cup with a spout for all liquids. Switch to an open cup as soon as your child can manage it, usually 12 to 15 months.
- It may be a little messy to begin with. All new skills take time and patience!

myfirst cup



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Training Cup vs. Sippy Cup



- No lid
- Can have handles
- 4 ounces



Training cups are simple cups with or without a lid.

- The cup helps your child use his hand-eye skills.
- Most sippy cups are over 8 ounces and use a spill proof valve.
- Look inside the sippy cup lid. You will find a small plastic valve. It causes your child to suck like a bottle. It keeps your child from learning the skill of drinking from a cup.
- Sippy cups also allow liquids to collect behind the front teeth. When a cup is filled with sweet liquids such as milk or juice, tooth decay can result.

Remember, it takes time and patience to learn to drink from a cup. The benefits to your child's health and smile are worth it.



- Lid
- Is NOT spill proof
- 4-6 ounces



Sippy cups can lead to several problems.

Start with a training cup and you may avoid some of the problems below.

Using a Sippy Cup May Cause:

- Tooth decay if filled with a sugary beverage
- Delayed speech
- Poor appetite
- Weight problems
- Illness from germs on poorly washed lids.



- Spill proof
- Uses a flow valve
- 8 ounces or more
- Can include a straw

