



State of Illinois
Department of Human Services

Time for a Cup



BABY NEWS

Date: _____

My Name: _____

Today's weight: _____ length: _____

After today's visit, my goal will be...

Your Baby Is Ready for a Cup

When He Is:

- Eating baby foods.
- Sitting up without support.

Choosing the Right Cup

- Cups with handles are easier for baby to hold.
- Cups without stoppers help your baby learn and are less likely to be carried around all day. Frequent sips of liquids (besides water) put baby at higher risk for tooth decay.

Learning To Drink from a Cup

- Start by offering small amounts (1-2 ounces) of breast milk, infant formula or water in a small cup a few times a day.
- Be patient – spills and messes are normal.
- Help your baby hold the cup and feed very slowly. Tip the cup up so only a small amount of liquid leaves the cup; then baby can swallow without rushing.

At About 10 Months:

- Start putting less breast milk, formula, or water in your baby's bottle and more in a cup.
- Offer your baby a cup at mealtimes when everyone else is drinking from cups.
- Give snacks between meals instead of a bottle.
- Offer a cup in place of a bottle at a feeding when baby is happy and not needing comfort.
- Baby should be using a cup and no bottles at about 12-14 months.

