

## Time for a Cup



### HEALTHY EATING

- Start to teach your baby to use a cup from six months of age. Start with a sipper cup.
- Do not use non-spill cups with valves. These encourage your baby to suck and not learn how to sip and drink.
- Between six and 12 months of age only give expressed breastmilk, infant formula or cooled boiled water in a cup.
- By 12 months of age babies should be able to use a cup by themselves. GIVE UP THE BOTTLE.

### IDEAS TO MOVE FROM A BOTTLE TO A CUP

- For less mess try using cups with lids, spouts or straws.
- Choose a cup with handles that are easy to hold, a lid that screws or snaps on and a spout that is simple and easy to clean.
- Change gradually, replacing one bottle at a time with a cup.