Cups without Covers

It’s good to introduce a sippy cup when your baby is about 6 to 8 months old. The cover helps prevent spills when your baby is starting to learn how to drink from a cup.

However, you want your older baby to gradually learn how to drink from a cup without a cover.

When your toddler is about 1 year old, use these steps to help him learn how to drink without a cover:

1. Offer a cup without a cover at meals and snacks. Use a small cup that your toddler can easily get his little hands around and lift to his mouth.

2. Start with small amounts of milk, juice or water in the cup. If he spills, the mess will be small. Refill the cup as needed.

3. Let your toddler watch you drink from a cup. Show him how to hold the cup, take a drink and set the cup down.

4. Be ready for spills. Don’t practice on the carpet. Put a sheet of plastic or towel under his high chair. Use a waterproof bib for your toddler.

Is it okay to use a sippy cup between meals?

Yes. If you use a sippy cup, put only water in the sippy cup. Or use a child size water bottle.

Toddlers get thirsty and need to drink water between meals and snacks. Drink water with your toddler. He will want to drink what he sees you drinking and enjoying.

Don’t put juice, milk or sweet beverages in sippy cups or water bottles.

Drinking juice, milk and sweet drinks in sippy cups and bottles can cause cavities and ruin a small appetite.

When can my baby stop using a bottle?

Wean your baby from the bottle by the age of 12 to 14 months.

When your toddler is 1 year old, he only needs 16 ounces of milk each day.

Most toddlers can hold a cup without a cover and drink from it without spilling by 18 months.

Your toddler will probably spill at meals and snacks. That’s okay – he’s learning how to eat and drink by himself. It takes time and practice.
Breastfeeding Strikes
A baby may refuse to breastfeed at times.

If your baby refuses to breastfeed, he may be trying to tell you that something is wrong:
- Your baby may have a sore mouth from teething or thrush.
- He may have an ear infection, and it hurts to lay on his side.
- Are you using a new deodorant or perfume? He may be confused by the new smell, or he may not like it.
- He may have a cold or stuffy nose. This will make it difficult to breathe while he breastfeeds.
- Your baby may be drinking too many bottles. He may decide the bottle is easier than breastfeeding.
- He may be busy watching what is happening around him. Some babies don’t want to take the time to breastfeed.
- Your baby may refuse to breastfeed when there is a major change in your life – moving, traveling, and new home or new job.
- He may refuse to breastfeed when there is a lot of stress in the home – talking in loud voices, arguing, stress from work or family.

Your baby doesn’t want to stop breastfeeding.
Be patient.

Keep Breastfeeding!
Most breastfeeding strikes last only 2 to 4 days. Some can last longer.

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