



# When Can I Start LEARNING TO USE A CUP?

<<< At around 6 months of age, I may be able to start learning how to use a cup! Help me learn by using an **OPEN CUP**.



An open cup is a cup without a lid, sippy spout, or straw.

When I am ready for an **OPEN CUP**, I will show you these signs:

- > *I bring my head towards food or cups* when adults or older children have them.
- > *I am able to sit up without help.* This includes help from a cushion or chair.
- > *I have control over my head.* I can hold my head up without help.
- > *I have a strong grip.* I pick up and hold objects!
- > *I can curve my lips around the rim of the cup.*



## WHAT GOES IN MY CUP?

When I am 6 to 12 months old, you can put human milk, infant formula, or small amounts of water in my cup.

### OPEN CUPS ARE:

- ✓ Better for my teeth than bottles or sippy cups.
- ✓ Great for developing hand-eye coordination.
- ✓ Easier to clean than bottles.



## \* YOU CAN HELP ME LEARN!

Offer a very small amount of liquid in the cup at first. One ounce is enough to get in great practice. You can tilt the cup gently to help me practice swallowing small amounts.



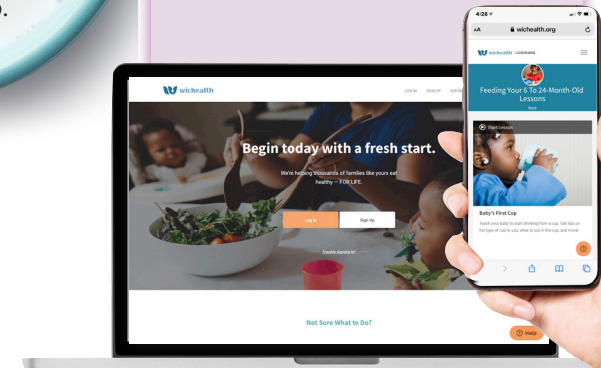
**LESSON:**  
**BABY'S**  
**FIRST CUP**

### Take This Lesson for More Tips:

- What to do if your baby refuses the cup
- How to prevent tooth decay
- When to start cow's milk

### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter Your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Feeding Your 6 To 24-Month-Old**
- Choose the lesson: **Baby's First Cup**



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