

Which Cup?

- Lidless cups are best to encourage the child to move on from a sucking to a sipping movement of the tongue.
- Two handles make the child present the cup at the best angle and give more control to prevent spills.
- Avoid valved feeder cups, any-way-up cups or no-spill cups if at all possible. Although the tongue doesn't curl as it does with a bottle or dummy teat, the cups still need to be sucked hard enough for tongue thrust to continue.
- Try to find a drinking vessel which pours fluid into the mouth rather than demanding sucking movements which swirl the drink around the teeth.
- Spouts should be short to ensure the fluid is tipped just inside the lips.
- Straws are good once the child can master them.
- Try to limit fresh juices to meal times only
- Cups should only contain water or milk, not sweet juices.

