

What cup is best for my child?

Kids love to drink from their own special kid-sized cups – 4 to 6 ounces is just right.

- ★ Wise parents limit the use of baby bottles, sippy cups and sport bottles – to protect their child's growing teeth.
- ★ Small changes can make a big difference – the right-sized cup gives your child a chance to learn new skills.

Choose one to start the conversation:

- 1 Getting kids to switch from the breast (or the bottle) to a cup is frustrating for some parents. How is that going with your child? Do you have any helpful tips for other families?
- 2 Here is a cute cup that I found at a store for my child (or grandchild). Have you tried letting your child drink out of a cup like this? How did it go? What ways did you find to make it easier for her/him to use a cup?



Get them to make a commitment. Ask the client to make a commitment, like to buy and try a regular, child-sized cup.