

Babycup's Guide to Open Cup Sipping Success



BABY CUP[®]
www.babycup.co.uk

Mini Size, Baby-Safe, 100% Recyclable,
Made in Britain, BPA-free, Loved by Dentists

1. Choose a cup that's the right size for the user



- ♥ Mini open cup = easy for little hands
- ♥ The liquid can funnel into a little mouth
- ♥ The cup isn't too heavy when filled

*Little cups for little people
(because you wouldn't want to
drink from a bucket!)*

2. Start with just a tiny amount of liquid



♥ Just a drop to begin with

- ♥ 10ml or less, or less than half a fl oz, is fine
- ♥ Practising empty is great too!

*Spills are part of the learning process
(small cups and small amounts of
liquid = only small spills! Yay!)*

3. Hold the cup with your little one

- ♥ If your little one takes the cup, place your hand at the side or underneath
- ♥ If their hand goes inside, you can hold the cup at the top to encourage them to hold lower down
- ♥ Gently guide the cup to their mouth with them
- ♥ Tip only slightly and let them get used to feeling the cup on their bottom lip



If your little one doesn't want to hold the cup at first, don't worry, just hold it for them. Learning a new skill might take practise, but it's so worthwhile.

4. The hand hover

- ♥ Hover a hand nearby whilst they start to hold and direct the cup themselves
- ♥ Be on hand for guidance
- ♥ Resist the urge to take over
- ♥ Be there; help gently if needed



*If they're keen to try, that's great!
Little ones LOVE independence.
(Sometimes the only barrier to them
learning is us not letting them - Eek!)*

5. Praise and encourage your little one

- ♥ Be at their level, make eye contact, use their name, and tell them how proud you are of their effort
- ♥ Praise their attempts
- ♥ Acknowledge the challenges



*It's all about the Feel Good Factor.
Encouragement is wonderful and
essential (and perseverance is key
for both of you!)*

6. Walk the walk

- ♥ Grab a drink, take a seat and sip together
- ♥ Model the behaviour you want to teach - parents, siblings and carers can all make an impact



*Tiny humans are born to learn.
Their mimicry is magical.*

7. Extra tips, tricks and beautiful bits!

- ♥ Practise at bath time - they're naked, and surrounded by water!
- ♥ At first mealtime tries, wait until after they've eaten and are less distracted
- ♥ When you start to hold and tip the cup to their bottom lip, rest it there for a second or two to encourage lip closure around the rim of the cup



Some little ones go for it straight away, some do best with more time and encouragement. There's no right or wrong in how long.



Babycup First Cups



8 Reasons for Sipping



Babycup First Cups

For 0-2.5yrs+ Uses include: cup-feeding; sipping; drinking at weaning/solid-feeding and beyond.

Cup-feeding: including to support establishing breastfeeding - can be used to cup-feed expressed milk to infants, avoiding the need for bottles and teats (please discuss with your healthcare professional).

Sipping: for introducing small sips (4m+).

Drinking: ideal first cup for drinking at weaning/solid-feeding time (6m+) and beyond. Better for oral development and kinder to teeth than a 'sippy cup'.

Bottle feeding: for good oral health, professionals advise that babies should be introduced to open cup drinking from age 6m, and the use of a bottle stopped by 12m.

Loved by dentists, orthodontists and other healthcare professionals. Mini open drinking cups. Supports oral health: encourages sipping/optimal drinking action. Helps the development of fine motor skills.

Small size perfect for baby, toddler and young children's hands. Slim drinking-edge for little mouths. Translucent so contents always visible. Holds 50ml / 1.5 US fl oz. No BPA or phthalates. Easy to clean. Dishwasher (top rack only) and steriliser safe.

Wash thoroughly before use.

Not suitable for cooking or for use in convection or microwave ovens.

Not suitable for hot drinks or hot food.

Warning: for your child's health and safety always use this product with adult supervision. Important: please see information sheet included with product and please read and retain for future reference. Product conforms to safety standard EN 14350.

Sipping/Drinking

Please ensure a supported seating position for your little one learning this new skill. Be consistent and keep trying. By offering a tiny cup of water at every meal it gives your little one plenty of opportunity to practice and also means it becomes normal for them.

The benefits of adopting this super sipping skill from weaning onwards are numerous, including oral health, orthodontic development and fine motor skills.

Cup-feeding

Babycup First Cups are also suitable for cup-feeding and are great to have on hand to help through any times of feeding challenges or whilst establishing breastfeeding. Babycup First Cups are useful for a number of different scenarios such as tongue-tie, cleft, latch issues, bottle refusal or for feeding expressed milk.

Please discuss with your midwife or health visitor and ask them to demonstrate the technique for cup-feeding.



1. Sipping

Experts say truly open cups are the healthiest type of cup for babies and young children to drink from and their use should be encouraged from as early an age as possible.

3. Orthodontics

Orthodontists say sipping from an open cup promotes natural muscle use, stimulating correct jaw and facial growth and helping reduce the risk of crooked teeth and orthodontic problems.



4. Baby Talk

Speech therapists advocate open cup sipping because there is no compromise to tongue position and it doesn't cause speech difficulties or delays.

5. Size

For successful sipping, little people need little cups. Open cup drinking is do-able with Babycup First Cups! Also suitable for infant cup-feeding from birth. Capacity 50ml (1.5 US fl oz).

"At last, a cup designed with babies in mind." Penny Lall, Independent Health Visitor, UK

6. Fine Motor Skills

Using Babycup First Cups at every mealtime encourages fine motor skills.



7. Quality

Babycup First Cups are Made in Britain, BPA and phthalates-free, dishwasher and steam-steriliser safe. Multi award-winning, safety-tested, non-toxic, smooth-edged and shatterproof.

2. Healthy Teeth

Dentists say open cups can help prevent dental decay and should be used at every mealtime as they do not bathe tooth enamel in liquid and they don't get carried around to be sucked on for prolonged periods.



8. In the News

There is increasing awareness of the terrible state so many countries are in with childhood dental health. High profile people such as Jamie Oliver are doing huge amounts to spread the word and the media is also helping to get the message across. Tooth decay is a real and rotten problem but the good news is that it's preventable. Babycup can play a valuable role in good oral care.