

# Drinking From a Cup

### Homemade Baby Food

Your toddler can eat the same foods your family normally eats. Soft foods may be mashed, ground, minced or pureed. Or try finger foods like small pieces of well-cooked vegetables, soft fruits without skins, cooked pasta or grated cheese.

Once your child can sit and hold their head up – usually at about 6 months – they'll likely be ready to start learning to drink from an open cup between breastfeedings or chestfeedings.

Choose a small cup that fits your child's hands and mouth. Start by offering a little bit of water. Help them hold the cup and bring it to their mouth. And be prepared for spills.

### Why Not Sip Cups?

Sip cups don't help your toddler learn to drink from a cup because the valve to stop spills makes them suck rather than sip.

### Why Not Bottles?

If you're supplementing with expressed human milk or infant formula, your toddler can use a small open cup instead of a bottle. Toddlers can use a bottle until about 12 months. After 12 months, bottles aren't necessary. Using a bottle to drink anything other than water can lead to tooth decay (see [Looking After Your Toddler's Teeth](#)).



### TRY THIS

If your child is used to drinking milk from a bottle, try slowly decreasing the amount of milk you put in each time. If they want more to drink, offer a small amount of water in a separate bottle. Use an open cup with meals and snacks.

### Making the Switch From Bottle to Cup

If your child is used to using a bottle, start making the switch to an open cup by about 12 months. They might not use bottles anymore by 18 months.

