

10 Tips to

Teach Baby to Drink from a Cup



1. You can start as early as 6 months.
2. **Baby is ready when** he can:
Sit up on his own, hold his head steady,
put his lips around the rim of the cup.
3. To start, put baby in a **high chair**
or on your knee.
4. Try a little bit of **breastmilk or formula**,
at one meal a day.
5. **Hold the cup** for your baby.
6. Tilt the cup and let baby drink a few sips at a time.
Go slowly to allow baby time to swallow.
7. **Be patient and continue practicing.**
Slowly give baby more control over
the cup.
8. Until 12 months, **only put**
breastmilk or formula in
baby's cup.
9. By about 12 months, baby should
be **only drinking from a cup and/or**
breastfeeding.
10. You can try some of the small cups
shown here.



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