

Babycup's Guide to Open Cup Sipping Success



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



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 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 the feeling of 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, 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"