TIPS for great kids!

What the Experts Say

CUP DRINKING

WHY IT IS IMPORTANT

The transition from bottle or breastfeeding to cup drinking is exciting. It marks the development of oral motor skills in infants. Early introduction to cups promotes good dental health and feeding habits and increases oral-motor skills.

WHAT YOU CAN DO

Help parents recognize the appropriate time to introduce infants to cup drinking.

Many babies are ready to begin taking small sips from a cup at 6 months. Signs that a baby may be ready to practice are the ability to:

- Sit without support.
- Seal their lower lip on the rim of a cup.
- Reach across the body and bend arms at the elbow.

Use an age-appropriate liquid.

The primary liquid for babies to drink in their first year is breastmilk or formula. Water may be introduced at 6 months. Milk from cows or goats should not be fed to children until after their first birthday. Juices and caffeinated beverages should not be served to infants or toddlers.

Give babies practice drinking from an open cup at mealtimes.

Experts recommend that children be given practice with open cups. Put a small amount of formula or breastmilk in the cup. Lift the cup for them to control the flow of liquid and to allow them to sip at their own pace. Some caregivers may prefer to use sippy cups. If so, they should only be used for a short period of time as a child transitions to an open cup.

It's best to use open cups. Prolonged use of sippy cups can contribute to tooth decay and improper nutrition.

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Follow guidelines for cup sanitization.

Ensure that you are following your state minimum licensing requirements regarding cleaning cups. Label cups clearly with each child's name. Separate and clean all parts of the cups to prevent germs and bacteria.

Do not allow children to use infant cups to soothe themselves.

Allowing children to suck from sippy cups constantly interferes with nutrition. Children who frequently drink from a cup may develop unhealthy eating practices.

WHAT THE EXPERTS SAY

Dentists recommend cup drinking to prevent early cavities in children.

While most parents are aware that certain foods cause cavities, many are unaware that prolonged bottle use or infant cup use can also cause cavities. For example, a survey showed that 95% of parents knew that sugar caused cavities, compared to only 70% who knew that drinking fluids, such as fruit juice, caused cavities.

Parents should follow these guidelines to ensure infant cups do not negatively affect young children's teeth:

- Do not allow children to fall asleep with infant cups.
- Use formula, breastmilk, or water. Do not use fruit juice or drinks with caffeine or added sugar.
- Do not let children hold cups for comfort outside of mealtimes.

Speech pathologists recommend moving to open cups as soon as possible.

Extended sippy cup use can harm children's speech development. Sucking from sippy cup and drinking from an open cup require the tongue to perform two different actions. For example, saying words with the letter "d" requires the tip of the tongue to touch the front of the roof of the mouth. Sucking from a cup prevents this action. If sippy cups must be used while transitioning to regular cup drinking, it's better to use cups with a straw rather than cups with hard spouts.

Maintain proper cup care.

A best practice is to buy cups that do not contain the chemical Bisphenol A (BPA). According to the American Academy of Pediatrics, BPA can have harmful effects on young children, even in trace amounts. To prevent BPA exposure:

- Throw cups away that have scratches.
- Do not heat cups in the microwave.
- Do not add boiling liquids to the cup.
- Always use cups that are dishwasher safe.

Training cups with **straws are better** than training cups with hard spouts.

Be safe!
Recalls on infant cups can be found at CPSC.gov.

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RESOURCES

Review nationally recommended health and safety standards for child care and early childhood education programs.

Caring for Our Children
ncrkids.org

Find out what pediatricians, dentists, nutritionists, and speech pathologists recommend for healthy growth.

American Academy of Pediatrics
healthychildren.org

USDA Child and Adult Care Food Program
fns.usda.gov/cacfp

Sign up to be alerted when there are recalls of dangerous cups and other items used with children.

United States Consumer Product Safety Commission (CPCS)
cpsc.gov

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TIPS for great kids!

Lo que dicen los expertos

BEBER EN TAZA

¿POR QUÉ ES IMPORTANTE?

La transición del biberón o la lactancia materna al consumo de aza es emocionante. Marca el desarrollo de las habilidades motoras orales en los bebés. La introducción temprana a las tazas promueve la buena salud dental y los hábitos de alimentación y aumenta las habilidades orales-motoras.

LO QUE USTED PUEDE HACER

Ayude a los padres a reconocer el momento adecuado para introducir a los bebés a beber de un taza.

Muchos bebés están listos para comenzar a tomar pequeños sorbos de una taza a los 6 meses. Señales de que un bebé puede ser listos para practicar son la capacidad de:

- Siéntese sin apoyo.
- Selle su labio inferior en el borde de una taza.
- Alcance el cuerpo y doble los brazos en el codo.

Use un líquido apropiado para su edad.

El líquido principal para que los bebés beban en su primer año es la leche materna o la fórmula. Se puede introducir agua a los 6 meses. La leche de vacas o cabras no debe ser alimentada a los niños hasta después de su primer cumpleaños. Jugos y las bebidas con cafeína no deben servirse a bebés o niños pequeños.

Dé a los bebés la práctica de beber de una taza abierta a la hora de las comidas.

Los expertos recomiendan que a los niños se les practique con tazas abiertas. Ponga una pequeña cantidad de fórmula o leche materna en la taza. Levante la taza para que controlen el flujo de líquido y les permitan beber a su propio ritmo. Algunos cuidadores pueden preferir usar tazas para sorber. Si es así, solo deben usarse durante un corto período de tiempo a medida que un niño hace la transición a una taza abierta.

Lo mejor es usar tazas sin tapas.

El uso prolongado de tazas infantiles puede contribuir a caries dental e impropia nutrición.

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Siga las pautas para la desinfección de la taza.

Asegúrese de que está siguiendo los requisitos mínimos de licencia de su estado con respecto a la limpieza de vasos. Etiquete las tazas claramente con el nombre de cada niño. Separe y limpie todas las partes de las tazas para prevenir gérmenes y bacterias.

No permita que los niños usen tazas para bebés para calmarse.

Permitir que los niños beban constantemente de las tazas interfiere con la nutrición. Niños que con frecuencia beber de una taza puede desarrollar prácticas alimentarias poco saludables.

LO QUE DICEN LOS EXPERTOS

Los dentistas recomiendan que los niños beban de tazas para prevenir las caries tempranas.
Si bien la mayoría de los padres son conscientes de que ciertos alimentos causan caries, muchos desconocen que el uso prolongado de biberones o tazas infantiles también causa caries. Por ejemplo, una encuesta mostró que el 95% de los padres sabían que el azúcar causaba caries, en comparación con solo el 70% que sabía que beber líquidos distintos del agua en las tazas infantiles causaba caries.

Los padres deben seguir estas pautas para asegurarse de que las tazas infantiles no afecten negativamente los dientes de los niños pequeños:

- No permita que los niños se duerman con tazas para bebés.
- Use fórmula, leche materna o agua. No use jugo de frutas o bebidas con cafeína o azúcar agregada.
- No permita que los niños lleven sus tazas para mayor comodidad fuera de las comidas.

Los patólogos del habla recomiendan pasar a sorber de las tazas lo antes posible.
El uso prolongado de biberones y vasitos para bebé puede dañar el desarrollo del habla de los niños. Beber de una taza para sorber y beber de una taza abierta requieren que la lengua realice dos acciones diferentes. Por ejemplo, decir palabras con la letra “d” requiere que la punta de la lengua toque la parte frontal del techo de la boca.

Mantenga el cuidado adecuado de la taza. Una buena práctica es comprar tazas que no contengan el químico Bisfenol A (BPA). Según la Academia Estadounidense de Pediatría (AAP), el BPA puede tener efectos nocivos en los niños pequeños, incluso en pequeñas cantidades. Para evitar la exposición BPA:

- Deseche los vasos que tengan rayones.
- No caliente las tazas en el microondas.
- No agregue líquidos hirviendo a la taza.
- Utilice siempre vasos aptos para lavavajillas.

¡Tenga cuidado!
Registrese para recibir alertas cuando se retiran del mercado tazas peligrosas y otros artículos que se usan con los niños en el sitio web **CPSC.gov**.

Las tazas infantiles con pajitas (popotes) son mejores que las tazas de entrenamiento con picos duros.

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RECURSOS

Revisar los estándares de salud y seguridad recomendados a nivel nacional para los programas de cuidado infantil y educación de la primera infancia. (Sitio web en inglés)

Caring for Our Children
ncrkids.org

Descubra qué recomiendan los pediatras, dentistas, nutricionistas y patólogos del habla para un crecimiento saludable.

Academia Americana de Pediatría
healthychildren.org/spanish

USDA Child and Adult Care Food Program
fns.usda.gov/cacfp (Algunos recursos disponibles en español)

Manténgase informado sobre las mejores prácticas relacionadas con la atención dental pediátrica. (Sitio web en inglés)

American Academy of Pediatric Dentistry
aapd.org

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