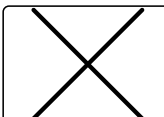


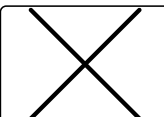
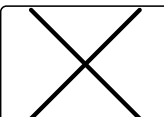
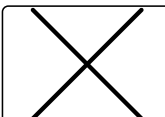



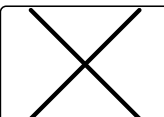
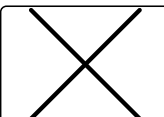
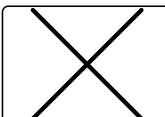




Steps for Introducing a Cup

1. Choose a cup small enough for your baby to hold easily.
2. Choose an appropriate drink for your baby's age.
3. Only put a 1 - 2 ounces in the cup.
4. Offer the cup during seated meals and snacks.
5. Start slow, give the cup at only one meal or snack at a time.
6. Role model drinking out of a similar cup often.
7. Be patient with spills and messes. They are part of learning!
8. When your baby is ready, offer a cup at another meal or snack.

The chart below shows what drinks are appropriate for your baby's age.

	Water	Human Milk	Infant Formula	Cow's Milk	100% Fruit Juice	Sweetened Beverages
0-6 Months						
6-12 Months						
1-5 years old			Only if Medically Prescribed	