

**Title:** Learning To Use an Open Cup

**Target Audience:** Caregivers of older infants (greater than 6 months)

**Objectives:**

1. Learn the importance of helping their baby learn to use an open cup.
2. Identify steps to helping baby use an open cup.
3. Offer their baby an open cup 3 times/day with meals.

**Teaching Materials Needed, Including Handouts:**

1. Components of interactive display.
2. Handout materials: Using An Open Cup – Steps to Easier Cup Drinking.
3. Evaluation tool.

**Advance Preparation Needed:**

1. Set up the interactive display.
2. Copy handout(s) and evaluation tool as needed.

**Class Outline and Methods:**

1. Set up the interactive display Learning to Use an Open Cup.
2. A knowledgeable staff member will be available for client questions regarding the interactive display. Background information is provided under Concepts.
3. Provide the evaluation tool and guide clients to the display. Inform clients that staff will have questions for them once they return with the completed evaluation tool.
4. The delegated staff will ask clients if they have any questions. If yes, clients will be referred to staff members able to answer the questions.
5. The delegated staff will ask clients “What is one thing you will try to do based on the information you learned today?”
6. WIC staff will document completion of the lesson in the client record. IF the LA chooses, information will be included related to the client’s statement of behavior change.

**CONCEPTS:**

1. Most infants develop the ability to drink from a cup with help at about 6 months.
2. Small, plastic open cups are recommended.
3. Gradual introduction of the small open cup is recommended. Babies will need frequent practice to develop this skill.
4. The following steps may make introduction of an open cup easier:
  - a. make sure baby is sitting in a highchair;
  - b. put a little water in a small, open cup;
  - c. hold the cup and tilt it slightly so a very small amount (about a mouthful) leaves the cup and baby can swallow without hurry;
  - d. let your baby see you taking drinks from a cup;
  - e. tell your baby (s)he is doing a good job;
  - f. keep a towel or wash cloth handy to wipe up spills;

- g. place a towel or piece of plastic under the highchair to make cleaning up easier
- 5. Sippy cups are not recommended. Use of sippy cups may encourage frequent sipping throughout the day. This can lead to softening of tooth enamel and eventual tooth decay. Some experts believe using sippy cups may prevent proper speech development.
- 6. Using an open cup helps babies become independent.
- 7. Switching to a cup takes a few months. As baby becomes better at using the open cup, a little breastmilk (or formula) can be put in the cup at mealtime.
- 8. Caregivers should offer the cup at each meal, and gradually replace other bottles as baby approaches the first birthday.

**Interactive Component:**

The client or caregiver will interact with the WIC staff as specified in the Class Outline and Methods section.

**Behavior Change Goal:**

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the Methods section above.

**Procedure for Clients to Ask Questions of Trained WIC Staff:**

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

**Evaluation:**

The evaluation will consist of completing the evaluation tool and interacting with the WIC staff as outlined in the Class Outline and Methods section above.

**Comments/Other:**

**Lesson Plan Written By:** Sherie Moody, RD, LD, November 2012

**Lesson Plan Revised By:** Pat Dunavan, MS, RD, LD, January 2013, 2014

**Lesson Plan Approved By:**

**Date:**

## USING AN OPEN CUP

6 – 12 month infants

Please check the statements that describe how your baby drinks liquids:

- My baby drinks from a bottle.
- My baby drinks from a sippy cup.
- My baby drinks from a small, open cup.

Please check the tips you can try to help your baby drink from an open cup.

- I will put my baby in the highchair to eat food.
- I will need to purchase a small open cup.
- I will put 1 oz. water in a small, open cup and help my baby take sips.
- I will let my baby watch me taking drinks from a cup.
- I will put a towel or plastic under my baby's highchair to help make cleaning easier while we are learning to use an open cup.
- I will offer my baby an open cup with 1 oz. water at least 3 times a day.
- I will offer 1-2 oz breastmilk (or formula) in an open cup at mealtimes.
- I will give my baby only breastmilk, formula, or water until (s)he is 1 year old.

Please finish the following sentences:

To help my baby drink from an open cup, I need \_\_\_\_\_.

My baby will be drinking from an open cup by \_\_\_\_\_.

## LEARNING TO USE AN OPEN CUP

At about 6 months, most infants develop the ability to drink from a cup with help. Some liquid will escape from their mouths until about 8 months.

Sippy cups are not recommended. These encourage frequent/constant sipping throughout the day. This can lead to tooth decay. Some experts believe use of sippy cups may prevent proper speech development.

Gradually introduce a small, open cup. Tilt the cup so a very small amount of liquid (about a mouthful) leaves the cup and your baby can swallow without hurry.

Using a cup helps your baby become independent. Switching to a cup takes a few months and may be messy. Be patient.

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## USING AN OPEN CUP

### Steps to Easier Cup Drinking

(check when done)

-  When I am 6-7 months old, put a little water in a small cup. Hold the cup and let me take sips.
-  I need practice! Help me use the cup when I'm sitting in my highchair eating food.
-  As I get better at drinking from the cup, put a little breastmilk (or formula) in my cup.
-  Let me practice using my cup 3 times a day.
-  When I am 9-10 months old, replace my least favorite bottle with a cup of breastmilk (or formula).
-  I should be off the bottle by 1 year old.

Please do not give me juice, punch, tea, koolaid, or soda.

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