

Choosing a Cup

Allied Health Professionals
Speech and Language Therapy

Child's Name:

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Introduction

When you decide to introduce your child to a cup, you will find that there is a huge selection available. It can be difficult to know which one to choose.

Here are some cups that we would recommend when transitioning from a bottle to an open top cup.

Tommy Tippee Free Flow Beaker



Free flow encourages children to sip rather than suck.

Children do not need to apply pressure to release liquid.

Munchkin Miracle 360 Cup



360 edge allows drinking from any side of the cup.

Teaches to drink from a rim rather than a spout.

Doidy Cup



Can be used as early as 3 months.

Teaches to drink from a rim rather than a spout.

Slanted design to helps children to sip and control flow.

Vital Baby 3-stage Trainer



Different lids to move children from a lid with a hole to an open top cup. Useful if your child does not like changing cup.

Avoid the spouted lid as it promotes a tongue forward posture.

Transitional Cup (Soft Spout)



Great for making a gradual transition from bottle teat to cup.

Stage 1: Use soft spouted feeder cup WITH valve – this changes the teat but the flow stays the same.

Stage 2: Use soft spouted feeder cup WITHOUT valve – this changes the teat and flow of liquid.

Stage 3: Introduce free flow cup with hard spout or open cup dependant on your child's skills and preference – this changes the spout, flow and cup.

Tum-tum 3 Way Trainer Cup (Free Flow)



Stage 1: Free Flow Straw Cup
Short free flow straw aids development of mature swallow pattern. Suitable for warm and cold drinks.

Stage 2: Transition Cup
Recessed rim allows lips to close around edge as with open cup sipping. Lid minimises spillage.

Stage 3: Open Cup
With double handles for easy holding and a wide base for stability. Handy measure on interior.

Helps babies to progress from free flow straw cup to open cup with minimal mess via at transitional lidded or open cup.

Ideal baby first cup for progressing from bottle or breast feeding.

Designed with Feeding and Swallowing Specialist Speech Therapist; Stacey Zimmels in order to facilitate healthy and normal oral motor development.

Wide anti-topple base for stability – not easily knocked over – phew!

Straw cup or weighted straw cup



For some children straw drinking will be easier to learn initially than cup drinking.

Your child may need you to help them by giving support around their lips.

You can use one way valve straws, or your child may need help to get started.

Here is a tip:

Place a straw into a full cup. Cover the end of the straw with your finger. This will hold the liquid in the straw. Remove the straw from the glass and place the open end in your child's mouth. Remove your finger and the liquid will flow into your child's mouth. You may want to give a verbal cue such as "close your lips" so your child will close his lips around the straw.

Slowly present the straw at lower and lower angles so eventually your child will have to suck the liquid out of the straw.

Using a squeeze bottle or drinks carton with a straw can also help as you can squeeze the liquid into the straw to make it easier for your child to suck.

Contact information

Speech and Language Therapy

Monday – Friday, 8.30am – 4.30pm

Tel: 01902 444363

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English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。