



Drink from an Open Cup

Practice coordinating body movements while drinking from an open cup.

Helps Your Child Grow



Perception

As your baby drinks from an open cup, they use the speed of the water flow to adjust how they hold and tilt the cup, building body awareness and movement control.

Steps

- With your help, your 12-month-old can start practicing with an open cup. As the water flows faster or slower, your baby learns to adjust their movements.
- Choose a small, lightweight cup that is easy to hold, and add only a little water. Start with a playful “Cheers!”
- If your baby cannot hold the cup yet, guide them to use both hands. Gently support the bottom and help control the tilt.
- Celebrate every successful sip, even a tiny one.
- Spills are okay. A relaxed mood helps your baby keep trying and find movements that work for them.
- As drinking becomes easier, gradually offer less help and let your baby try more on their own.

Tips

- A little spilling, coughing, or sputtering is common while your baby learns how their body responds. Stay relaxed so they feel comfortable trying again.
- Starting to use an open cup around age one supports body awareness and may help lower the risk of cavities and tooth misalignment.
- Use a waterproof bib if you are worried about wet clothes.

Observations

- Drinks water from an open cup while you hold it
- Raises their cup when you say, “Cheers!”