

Stage 1: The Open Cup (Around 6 Months)



Fill it with a small amount of water, breast milk, or formula and hold the cup on your baby's lower lip, tipping it gently so they can sip. With your other hand, offer support under the chin.

- lip closure
- tongue control
- jaw stability

Stage 2: The Straw Cup (9 to 12 Months)



- Use a specialized training tool like a Honey Bear straw cup where you can squeeze a little liquid up into the straw so they grasp the concept of suction.

Stage 3: Weaning and Refining (12 to 18 Months)



- Let toddlers hold small open cups, straw cups and soft-spout sippy cups themselves during meals.
- Develops hand-eye coordination

Stage 4: Mastery (2 to 3 Years)



Avoid traditional hard-spout or valve-heavy sippy cups which can prolong immature sucking patterns if used long-term.