The HAZARDS of Sippy Cups

EASY SPILL-PROOF WAY
TO GET THROUGH THE DAY...
OR GET CAVITIES?

Sippy cups are not needed for your child's development. They can be handy, but it is best to teach children to drink from an open cup.

Sippy cups can lead to cavities or early childhood tooth decay if they are filled with formula, juice, soda pop, tea, lemonade, sweetened drinks or anything besides water.

For 20 minutes after every sip, bacteria in the mouth can produce acid that causes tooth decay.

Tooth decay that is not treated can cause your child pain and infection.

TIPS for parents:

- No juice under age one.
- If you choose to use a sippy cup, use it for water only as a halfway step between a bottle and an open cup.
- Never put your child to bed with a sippy cup filled with milk, juice, or sugary beverages.
- At about 6 months of age, begin teaching your child to use an open cup at meal or snack time each day.
- Wean your child from the bottle by age one.
- To protect against tooth decay, sippy cups that are not spill-proof or have rubber straws that fold down are best. Take the spill-proof part (the valve) out of the cup if it has one.

Baby teeth are IMPORTANT!

They help guide permanent teeth into the correct spot. If baby teeth have cavities or are pulled early, it could affect a child's speech, chewing and growth of permanent teeth.

SOUTH DAKOTA DEPARTMENT OF HEALTH

HEALTHYSD.GOV
Live better. Grow stronger.

Oral Health Program • SD Department of Health
600 E Capital, Pierre, SD 57501 • 605-773-3361

For more information on child nutrition or dental health see:
doh.sd.gov/oralhealth

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under Grant Number B04MC30642 for Maternal and Child Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Maternal and Child Health Bureau/Health Resources and Services Administration or HRSA. This institution is an equal opportunity provider.

2,500 copies of this document have been printed by the SD Department of Health at a cost of 9¢ each.

OH 007 09/19