



Chewing and drinking from an open cup

Chewing

- Put your child in a good position: upright on your lap or in the high chair.
- Practice with a dry bread crust first.
- Don't put the snack too far back in the mouth, as this can trigger your child's gag reflex.
- Firm, dry food is easier to chew than soft, sticky food. 1 or 2-day old bread is better than fresh bread.
- Put each bite in the side of the mouth, near the cheek, because that is where the chewing reflex is located.
- Give the piece upside down, so with the topping down, so that the topping does not stick to the roof of their mouth.

Drinking from an open cup

- Put your child in a good position: upright on your lap or in the high chair, so that they cannot choke when they drink from an open cup.
- Do not use a spout cup, as your child will continue to slobber.
- Start with a thicker liquid, such as yoghurt. Make sure there are no pieces or lumps in it.
- Place the cup on your child's lower lip and let the liquid reach the lower lip, encouraging your child to drink actively. While drinking, the cup rests on the lower lip.

Tips for transitioning from bottle to cup

- Make a bigger hole in the teat of the bottle.
- Don't stop giving your child the bottle in one go; do it in steps, e.g., by putting more water and less formula in the bottle (it becomes less and less tasty).
- Introduce your child to a cup in a playful way, such as in the bath.
- Encourage your child to drink from an open cup.
- Play games like blowing and drinking from a straw.
- Only use the teat for a specific purpose, such as at bedtime.

