

Sippy Cups: What Savvy Parents Need to Know

Parents love sippy cups. They love them because their toddlers can drink in the car or around the house without making any spills.



As a parent, it is very important that you choose *the right kind* of sippy cup that helps your child develop good oral posture and movement. Here's why: newborn babies swallow differently than older children and adults. An infant uses a forward-tongue suckling pattern to swallow.

As an infant approaches her first birthday, this swallowing pattern starts to change. Now her lips and cheeks suck the liquid onto her tongue, then her tongue squeezes, lifts and moves the liquid down her throat. Drinking from a cup helps her to separate the movements of the jaw, lips and tongue, which will be necessary for proper speech.

When your child drinks from a sippy cup with a spout, she pushes her tongue forward, just like drinking from a bottle. A child who continues to thrust the tongue forward to drink may begin to rest her tongue between her teeth, which leads to an open bite (think: orthodontia to follow!) and a lisp (think: speech therapy to follow!)



Look for spill-proof cups that do not have hard protruding spouts, which establish tongue protrusion patterns.

| | |
|---|--|
| GOOD: Cups with a rim or weighted straw | BAD: Cups with a protruding spout |
|  |  |

For more information on tongue thrust visit: www.cornerstonespeechnj.com