Cups

If a lidded cup is used - the water should be able to flow freely when it is turned upside down.

You can start giving drinks from a cup with a lid from 6 months old.

Keep encouraging your baby to use the cup.

Milk and water are the best drinks for healthy teeth.

Never leave your baby alone when drinking because of the risk of choking.

A cup without a lid is best because it helps your baby learn to sip.

What to do if you are concerned that your child is not talking well for his/her age:

Try not to feel anxious. All children develop differently. If your child is under five, speak to your Health Visitor or contact Ealing Speech and Language Therapy service on: 020 8825 8856.