



Cups

As a new mother with a 14-month-old, knowing the best cup for drinking can be confusing. When you reach the cup aisle at the store, the entire aisle has endless options; it can be pretty confusing and frustrating.

Open cups can start at six months of age

Straw cups around twelve months of age

Feeding Littles has a fantastic blog with lots of information about cup drinking and examples of cups to use. Even some pros and cons with the popular 360 cup.

<https://www.feedinglittles.com/blog/category/cups>



Utensils



When can babies start using utensils? What is a normal progression?

Babies can start using utensils at around six months of age, starting solids/purees around the time babies begin to sit independently. The Academy of Pediatrics recommends that babies sit independently before starting solids/purees. At this time, they can use a booster/highchair sitting at an excellent 90-to-90-degree angle with good feet support.

You can encourage your baby to explore using the utensil by modeling to them how to use it. It is a process that takes lots of trial and error before becoming independent at using utensils.



Throughout the day, give them opportunities to use several types of utensils in play, scoops in the sensory bin or the bath!



Feeding Littles has a great blog post highlighting all the best ways to support your little one using utensils.

<https://www.feedinglittles.com/blog/category/spoon-feeding>

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