

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, early childhood caries or 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

- If you choose to use a sippy cup, use it for water only as a halfway step between a bottle and an open cup.
- At about 6 months of age, begin teaching your child to use an open cup at a 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.

For more information on
child nutrition or dental health see:
www.healthysd.gov or
<http://doh.sd.gov/oralhealth>



Oral Health Program

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