

NurseryWorld

SIP HOORAY!

THE MINI CUPS MAKING A BIG IMPACT IN PRE-SCHOOL SETTINGS

There's a brilliant and increasing bank of nutritional information available to help families make healthy choices and understand the value of improving diets. But as well as *what* children eat and drink, *how* they eat and drink is important too.

More and more health experts are concerned about babies and young children sucking from spouts or from no-spill seals, and say this sucking habit, (not to be confused with the breastfeeding 'suckle'), is implicated in problems such as rotten teeth and orthodontic issues. With dental decay the most common cause of childhood hospitalisation, leading dentists and orthodontists advocate sipping from



an open cup from as early an age as possible, and the first cup on everyone's lips is the appropriately-named mini open 'Babycup First Cup'.

Katherine Pearce, Principal Dental Nurse and Manager of the Maxillofacial and Dental Department at world-leading Great Ormond Street Hospital for Children, agrees: "As oral health professionals at GOSH, we encourage children to move to an open cup as soon as possible to reduce the risk of dental caries which are often connected to bottles or sippy cups. Babycup First Cups offer the perfect colourful tool for parents to start this process with their children."

Created by mum of three Sara Keel, a member of the All-Party Parliamentary Group on a Fit and Healthy Childhood, Babycup First Cups are "Little cups for little people" and support oral and dental health by encouraging sipping - best for teeth, orthodontic development and fine motor skills.

Lightweight, translucent and just the right size for little hands, the mini open cups hold 50ml and are designed for weaning onwards, (they are also suitable for cup-feeding infants to help establish breastfeeding or support latch problems). Multi award-winning, BPA-free, dishwasher and steriliser safe, with no hidden areas for germs to hide in,

and, on top of the huge health benefits, they are making parents proud when they see how brilliant their little ones are at using them.

"It has helped us as a setting promote self-help skills and also been brilliant as a prop to move children from the bottle to a cup"

Norland-trained Nanny, Libby Gordon, agrees and sees this not just in one or two children but in all of her charges at Westwood Montessori Pre-School in Saffron Walden, Essex, where she has managed the baby room for the past five years. "We were lid-free from around age 2 years but now thanks to Babycup we are totally lid-free. We make sure the children are wearing plastic bibs but they are great and in our room where the age range is 3 months to 2 1/2 years we are now completely "lid free"!!! The children are very proud of their achievements. It's a good feeling all round!"

Also working to support parents in promoting good oral health from the start is Birkbees Nurseries, who trialed Babycup First Cups and were so thrilled by the big response to these small cups that they've introduced them across the group. One of their parent comments summed up the result, "My child started using the [Babycup First Cup] cup at 12 months of age. At first I was a bit sceptical thinking milk and water would be everywhere but to my surprise he was able to use it correctly. By introducing the cup to my little boy his confidence has grown. Definitely recommended for babies for their weaning stage of development, this has helped my son loads!"

Angie Baggley, early years practitioner at Fixbees Day Care in Huddersfield, part of the Birkbees Group, and the person responsible for the trial, is a firm believer in nurseries helping little ones have the healthiest start possible. Angie reported, "I feel using the Babycup First Cups has given the babies more independence, learning how to hold a cup independently, and controlling how much they want to drink themselves. Since we introduced them they have been asking for 'more' which is brilliant and I feel that it has definitely promoted PSE and Communication skills."

It has helped us as a setting promote self-help skills and also been brilliant as a prop to move children from the bottle to a cup, which in the past has sometimes been a tricky conversation!! This has been helpful as the parents see how the other babies in the setting are confident in 'feeding themselves'.... Fantastic...

Wished we'd had this product years ago!!!"

Keel uses the analogy of a balance bike when reassuring parents how capable babies and young children are of becoming healthy sippers. "If you've seen a child learn to ride a bike using a balance bike, chances are they didn't need stabilisers when they grew bigger and moved on to the fully fledged version. It's the same with a cup. If you were to try drinking from a bucket you'd find it's not all that easy! Use the right sized cup from the start and children don't need stabilisers when they move on. They've already learnt the skill and what's more, they've begun a healthy lifestyle habit from the very start. No stabilisers required and no compromise to their health. Babycup First Cups are Made in Britain and are high quality, truly open cups and are perfectly proportioned for those little hands and mouths. No sucking, just healthy sipping and putting the child first."

In its information about the misuse of sippy cups, The American Academy of Paediatric Dentistry, said, "Because sippy cups prevent spills, they're often used by children for long periods of time over months and years". Babycup First Cups bring about great surprise as parents often see children learning to sip far quicker at highchair times than they expected and if there are spills to begin with it's from a small cup anyway. This learning process generally surprises and impresses all involved. Lynette Anear, NHS Oral Health Promoter, said, "This little cup is perfect for baby's first tastes of water at weaning time. It is just the right size for little hands and promotes drinking from a rim which is so important for oral development. Babycup First Cups should be a normal part of the weaning process."



As dental decay is a disease which is almost entirely preventable, encouraging sipping and avoiding sucking seems an obvious choice, even a responsibility. Health is not a niche issue. We love working with practitioners who recognise this.

BABYCUP FIRST CUPS | WWW.BABYCUP.CO.UK

HELLO@BABYCUP.CO.UK | TEL. +44 (0) 1483 866081

BABYCUP

*The little cup
that's kind to baby teeth*