





# Learning to Drink All by Myself!

These ages are a guide only, but can help determine a young child's readiness for eating and drinking independently

2 to 4 months	Moves hand/hands up to the bottle/breast while feeding.	 
6 to 9 months	Holds a bottle with both hands Uses a lidded cup with help.	
12 to 15 months	Holds a lidded cup with both hands Takes a few sips without help.	
15 to 18 months	Drinks from a cup (no lid) with help. May use a straw.	
2 to 3 years	Drinks from a cup (no lid) without spilling.	

If your child is thirsty, it's better to give them water than to encourage a taste for sweet drinks.

Try to avoid giving babies fruit-flavoured "baby juices", and never give them in feeding bottles. Fruit juice should not be given to babies under six months.

The best drinks for children over one year old are plain still water or plain milk.