



# News Notes to Parents



February 2023

## Sippy Cups and Your Child's Teeth

As soon as teeth appear in the mouth, decay can occur. One of the risk factors for early childhood caries (sometimes called baby bottle tooth decay or nursing mouth syndrome) is frequent and prolonged exposure of a baby's teeth to liquids, such as fruit juice, milk or formula, which all contain sugar.

Tooth decay can occur when a baby is put to bed with a bottle. Infants should finish their naptime or bedtime bottle before going to bed. Because decay can destroy the teeth of an infant or young child, you should encourage your children to drink from a cup by their first birthdays.

Many training cups, also called sippy or tippy cups, are available in stores. Many are —no spill cups, which are essentially baby bottles in disguise. —No spill cups include a valve beneath the spout to stop spills. However, cups with valves do not allow your child to sip. Instead the child gets liquid by sucking on the cup, much like a baby bottle. This practice defeats the purpose of using a training cup, as it prevents the child from learning to sip.

Don't let your child carry the training cup around. Toddlers are often unsteady on their feet. They take an unnecessary risk if they try to walk and drink at the same time. Falling while drinking from a cup has the potential to injure the mouth.

A training cup should be used temporarily. Once your child has learned how to sip, the training cup has achieved its purpose. It can and should be set aside when no longer needed.

### Tips

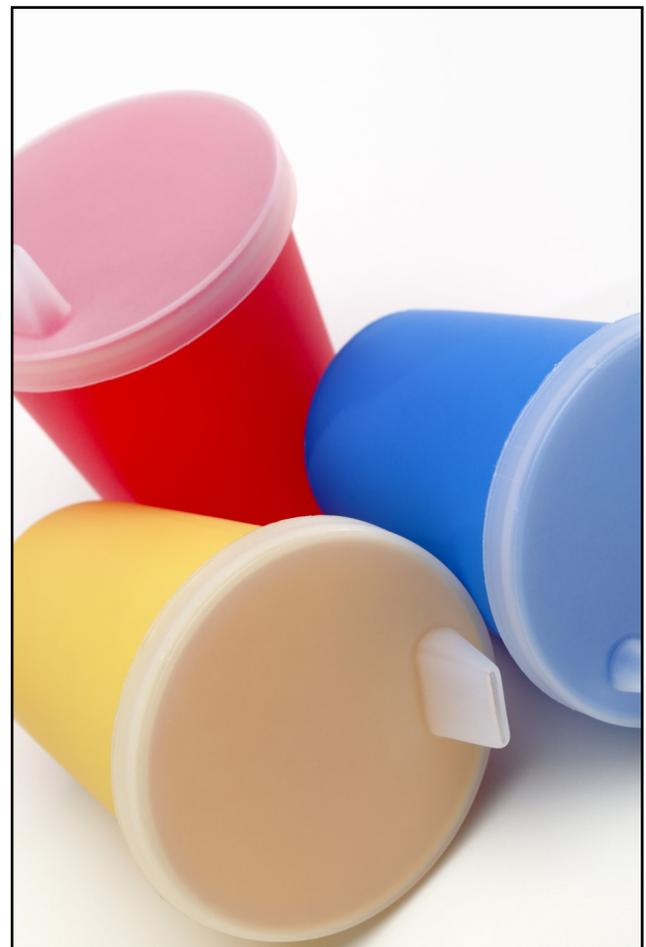
For sipping success, carefully choose and use a training cup. As the first birthday approaches, encourage your child to drink from a cup. As this changeover from

baby bottle to training cup takes place, be very careful:

- what kind of training cup you choose
- what goes into the cup
- how frequently your child sips from it
- that your child does not carry the cup around

Talk to your dentist for more information. If your child has not had a dental examination, schedule a —well baby checkupll for his or her teeth. The American Dental Association says that it is beneficial for the first dental visit to occur before the child's first birthday.

Source: [ADA.org](http://ADA.org)



# Helping Your Child Get Organized—It's Easy as 1-2-3

Most kids generate a little chaos and disorganization. It is not uncommon for children to forget books at school or to not finish a project once they start it. Do you want your child to be more organized and to stay focused on tasks, such as homework? Is this even possible? Yes, it is!

Some kids seem naturally organized, but for the rest, organization is a skill learned over time. With a little help and some practice, kids can develop an effective approach to getting stuff done. Even if you don't feel all that organized, you can still teach this skill. For kids, tasks can be broken down into a 1-2-3 process.



**Step 1:** Getting organized. This means your child gets where they need to be and gathers the supplies needed to complete the task.

**Step 2:** Staying focused. This means sticking with the task and learning to say “no” to distractions.

**Step 3:** Getting it done. This means finishing up, checking your work, and putting on the finishing touches, like remembering to put a homework paper in the right folder and putting the folder inside their backpack, so it is ready to be turned in the next day.

Once kids know these steps and understand how to apply them, they can start tackling tasks more independently. That means homework, chores, and other tasks will get done with increasing consistency and efficiency. Teaching these skills is not only practical, but knowing how to get stuff done will help your child feel more competent and effective. Kids feel self-confident and proud when they are able to accomplish tasks and responsibilities.

Remember to be patient throughout this process, as children still need guidance along the way.

Source: kidshealth.org - Nemours KidsHealth

## Energy Bites

### Ingredients:

- 1 1/2 cups oats (old fashioned or quick)
- 1/2 cup unsweetened coconut flakes
- 1/4 cup chia seeds
- 1/4 cup mini chocolate chips
- 1/2 cup creamy peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract



### Instructions:

1. Stir all ingredients together in a medium sized bowl
2. Cover a cookie sheet with foil or parchment paper. Drop mixture by tablespoonfuls onto the cookie sheet
3. Refrigerate 1 hour
4. Roll each drop of mixture into a ball. Place in an airtight container. Store in the refrigerator.

**Tip:** Use finely chopped dried cranberries, cherries, or raisins in place of the coconut flakes, chia seeds, or chocolate chips.

Source: [spendsmart.extension.iastate.edu](http://spendsmart.extension.iastate.edu)



Comments or questions? Contact:  
Email: [mhoag@purdue.edu](mailto:mhoag@purdue.edu)  
Phone: 260-824-6412

Molly Hoag, Purdue Extension—HHS Educator  
Website: [www.extension.purdue.edu/wells](http://www.extension.purdue.edu/wells)  
1240 4-H Park Road, Bluffton, IN 46714

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