DEPARTMENT OF HEALTH

Appropriate Cup Use for Toddlers

STAFF DISCUSSION AND RESOURCE GUIDE

Instructions

- View the Meaningful Minutes – Appropriate Cup Use for Toddlers video
- Review the resources highlighted in the video that are new to staff.
- Discuss the questions below at a staff meeting.

Staff discussion questions

- What nutrition counseling messages related to toddler cup use do you plan to incorporate into your appointments after viewing the video?
- Discuss effective approaches to helping participants understand the importance of transitioning to an open cup, following beverage recommendations, and initiating oral health practices, including the first dentist visit. What resources have you found helpful to share when focusing on these topics?
- What resources shared in this presentation are you already using regularly? Which do you want to start incorporating more? Why?

Participant resources

- Good Oral Health Starts Early: AAP Policy Explained. American Academy of Pediatrics. HealthyChildren.org.
- I Am Thirsty (PDF). Minnesota Department of Health. *I am thirsty* (Nutrition education card).
- WICHealth.org. *Healthy drinks: Creative ideas with less added sugar* (WICHealth to Go resource).
- The Tooth Decay Process: How to Reverse It and Avoid a Cavity. National Institute of Dental and Craniofacial Research. National Institutes of Health.

Staff resources

- Introduction to the cup: Topic of the Month (PDF). Minnesota Department of Health. (2025, June). Minnesota WIC.
- Fluoridated water: Topic of the Month (PDF). Minnesota Department of Health. (2026, March). Minnesota WIC.

- WIC Risk Criteria: 201- Low Hematocrit/Low Hemoglobin, 381 - Oral Health Conditions, 425B- Routinely feeding a child any sugar-containing fluids, 425C- 425C Routinely using nursing bottles, cups, or pacifiers improperly, 425D- Routinely using feeding practices that disregard the developmental needs or stage of the child.

References: complete listing of hyperlinks

Meaningful Minutes - Appropriate Cup Use for Toddlers (https://vimeo.com/1239536991/b314c9b02d?share=copy&fl=sv&fe=ci)

Good Oral Health Starts Early: AAP Policy Explained (https://www.healthychildren.org/English/healthy-living/oral-health/pages/Brushing-Up-on-Oral-Health-Never-Too-Early-to-Start.aspx)

HealthyChildren.org (http://HealthyChildren.org)

I Am Thirsty (PDF) (https://www.health.state.mn.us/docs/people/wic/nutrition/english/childthirsty.pdf)

WICHealth.org (http://WICHealth.org)

The Tooth Decay Process: How to Reverse It and Avoid a Cavity (https://www.nidcr.nih.gov/health-info/tooth-decay/more-info/tooth-decay-process)

Introduction to the cup: Topic of the Month (PDF) (https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/introtocup.pdf)

Fluoridated water: Topic of the Month (PDF) (https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/fluorideh20.pdf)

WIC Risk Criteria (https://www.health.state.mn.us/people/wic/localagency/riskcodes/index.html)

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