

Three Best Cups for Oral Motor Skills



THRIVE LITTLE

Recommended by Marielle Marquez,
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Open Cups

Regular open cups without a top are the best thing to offer whenever possible. They allow your baby to learn to control the flow on their own and this is an essential skill they need to learn at some point. The earlier they practice, the better! You can start with very small amounts to minimize spills!



Ezpz Tiny Cup



Olababy Silicone Training Cup



Partially Open Cups

This type of cup offers similar benefits to the open cup but provides a slower flow and will decrease the mess while baby is still learning.



Grabease
Spoutless Sippy.



Munchkin
Toddler Splash Cup



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Straw Cups

Just like a traditional sippy cup, a straw cup is convenient when you're on the go, but a straw is better for oral motor development. Just make sure you cut the straw if it is too long to prevent a suckling pattern used for bottle feeding.



ZoLi BOT



Lollaland Weighted
Straw Cup



Thermos
Funtainer

