

The Doidy Cup

by Blackpool Teaching Hospitals - Tuesday, January 10, 2012

The Doidy cup is an ideal aid to weaning as the natural mouth action used is the same as in breast feeding.

The Doidy Cup is designed to teach children to drink from a rim. The slant of the cup enables children to drink easily as they can see the contents without thrusting their heads forward and downwards. They also learn to put the cups down properly. Babies as young as 6mths find the two handled cup easy to hold. The Doidy Cup may reduce the risk of the drink spilling as the slant gives the infant, with help and support from a parent or carer, more control.

Using a non spouted cup helps to avoid problems caused by prolonged use of feeding bottles and spouted cups.

Weaning

The Doidy cup is an ideal aid to weaning as the natural mouth action used is the same as in breast feeding. Health professionals are advising use of the Doidy Cup to prevent long term health problems caused by delayed weaning and prolonged use of feeding bottles and spouted cups.

Healthy Start

What is Healthy Start?

With Healthy Start, you can get free vouchers every week which you use to buy plain fresh and frozen fruit and vegetables and cow's milk (babies under 1 should not have cow's milk as a main drink but can take it cooked in cereals and pudding from 6 months of age) . You can also get free vitamins. For more information, visit the Healthy Start website:

<http://www.healthystart.nhs.uk>

Are you Pregnant or have children under four? You could qualify if you're on benefits.

Are you pregnant and under 18? You will qualify

<http://www.healthystart.nhs.uk/do-i-qualify>

How much are the vouchers worth?

Currently Healthy Start vouchers are worth:

- £3.10 a week if you're pregnant
- £6.20 a week for each baby aged under one
- £3.10 a week for each child aged over one and under four years

You can fill in an application form from here and print it out.

<http://www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/email-application-form/>

No access to a computer or not able to download? – Ask your Midwife or Health Visitor for a form.