

## How Many Ounces Does Your Child's Cup Hold?

To help us understand how much your child drinks, we need to know the size of the sippy cup, cup or glass your child uses most often. Follow the steps below to measure the number of ounces your child's cup holds. If your child frequently uses more than one cup or glass, please measure the two he or she uses most often.

### Supplies Needed:

1. The sippy cup, cup, or glass that your child uses most often
2. The plastic measuring cup included in the box of materials we sent you
3. Water and a sink

### Instructions:

**STEP 1.** If the cup has a lid, remove it. Fill the cup or glass with water to the very TOP (so the water actually overflows). *This is probably higher than you would normally fill it.*

Fill your child's cup with water to the very TOP



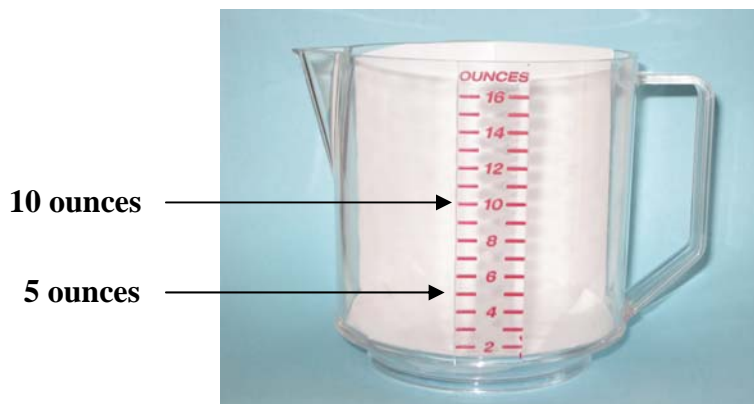
Fill cup higher than usual

**STEP 2.** Pour the water from your child's cup into the plastic measuring cup. If any water spills into the sink instead of the measuring cup, please start over.

**STEP 3.** Place the measuring cup on a flat surface and turn the measuring cup until the "OUNCES" markings are facing you (the measuring cup also has markings for "cups," but we don't want to use those).

**STEP 4.** Bend or squat down so your eyes are level with the measuring cup to see how many ounces of water are in the measuring cup. Do not hold the measuring cup in your hand and raise it to eye level.

**STEP 5.** On the measuring cup, find the ounce marking that is closest to the level of water in the cup. Notice that the measuring cup has numbers that mark every two ounces (2, 4, 6, 8, and so on). It also has lines in between each number that show each individual ounce. The picture below shows an example of 10 ounces of water (right at the 10) and 5 ounces of water (the line between 4 and 6).



**STEP 6.** In the space below, write down the number of ounces of water in the measuring cup. If the water level appears to be in between two lines, you can write that down (example: in between 5 and 6 ounces).

**For Cup #1: Level of water in measuring cup: \_\_\_\_\_ ounces**

**STEP 7.** If your child frequently uses more than one cup, measure the second cup following the same instructions and write down the number of ounces for your child's second cup.

**For Cup #2: Level of water in measuring cup: \_\_\_\_\_ ounces**

Keep this paper with the **Measurement Aids Booklet**. When we call you to collect more information about your child, we will ask you to tell us how many ounces your child's cup holds.

***Thank you for your help! You may keep the measuring cup as a gift for being a part of this very important study.***