

BREASTFEEDING ANSWERS

Cup Feeding

Cup feeding allows you to give your baby a supplement without using a bottle. Babies who are fed by bottle may find it harder to breastfeed. Cup feeding is the preferred choice if you are needing to supplement a breastfed baby.

It is important to know

- Your baby sips or laps the milk from the cup.
- Your baby will be able to control the pace and amount of milk taken.
- Cups are easy to clean.
- There might be some spillage and it can be messy.
- Cup feeding should only be used short term.

You will need:

- A small cup or glass (plastic medicine cup, shot glass)
- Cloth for under your baby's chin
- Supplement fluid – expressed breast milk or a breast milk substitute if breast milk is not available



Setting up

1. Wash your hands.
2. Make sure that your baby is awake and alert.
3. Fill the cup about half full with milk.
4. Hold your baby in a semi-upright sitting position on your lap. Support your baby's neck and upper back and place the cloth under the chin.
5. Bring the cup to your baby's mouth tipping it so that the milk just touches your baby's lips. Do not pour the supplement into your baby's mouth. Your baby's tongue will move forward and sip or lap up the milk like a kitten.
6. Keep the cup at your baby's mouth so that the milk is always touching his/her lips so that your baby is able to control the pace of the feeding.
7. Burp your baby as needed.

Cleaning the cup

After each feeding, wash the cup in hot soapy water and then rinse well. Air dry the cup and store it in a clean dry place.

If your baby is cup feeding, it is important to have regular appointments with a breastfeeding clinic or a breastfeeding specialist. These appointments help us to make decisions on how long your baby needs to cup feed and how much supplement is needed.

For more information call us at 1-800-563-2808.