

BREASTFEEDING ANSWERS

Cup Feeding

Cup feeding allows you to give your baby a supplement without using a bottle. When a baby feeds by cup, the muscles they use are more like the muscles used when breastfeeding.

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 while you are learning how to cup feed.
- Cup feeding should only be used for short time

You will need:

- A small, clean cup or glass (e.g., plastic medicine cup)
- 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 their chin.
5. Bring the rim of the cup to lightly touch your baby's bottom lip. Tip the cup so that the milk just touches your baby's lips. The baby will sip the milk or lap up the milk with their tongue. **Do not pour the milk into your baby's mouth.**
6. Keep the cup at your baby's mouth so that the milk is always touching their lips. It is also important to allow for pauses, and let your baby control the pace of the feeding.
7. Burp your baby as needed.

Cleaning the cup:

If using breast milk, wash the cup in hot soapy water and then rinse well after each feeding. Air dry the cup and store it in a clean dry place. If using formula, wash and sterilize the cup after each feeding (if cup cannot be sterilized, discard the cup and use a new cup for the next feeding).

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

If you have any questions please call: Family Health Information Line at 705-474-1400 ext. 5351 or email at healthy.families@healthunit.ca. Our nurses are available from 8:30 a.m. to 4:30 p.m., Monday to Friday.

Reference:

Breastfeeding Answers: A Guide for Helping Families, Second Edition by Nancy Mohrbacher