

Cup Feeding Your Breastfed Term Baby

When a breastfed baby needs extra milk it can be given by cup.

When do you cup feed?

Cup feed when your baby will not go to the breast or needs extra milk after breastfeeding. If your baby was born early, please ask your nurse for the information on cup feeding your premature baby.

Why do you cup feed?

Cup feeding avoids using a bottle. Your baby may get used to the flow of a bottle and then have trouble breastfeeding.

Getting ready

- Offer the cup when your baby is wide awake
- Wrap your baby in a blanket so that the folds of the blanket are on your baby's back and the solid piece is at the front. Tuck in your baby's arms to help keep them from knocking the cup over
- Fill the cup about half full with milk
- Sit your baby upright, facing sideways on your lap
- Support your baby's back and neck
- Place a face cloth as a bib under your baby's chin

Feeding

- Tip the cup just enough that it rests on the inner corners of the mouth and your baby can lap or sip milk
- Do not pour milk into your baby's mouth
- Keep your baby sitting upright and leave the cup in place during the feed
- Watch your baby for stress cues, for example coughing, gulping, worried face, breath holding, change in colour or turns head away. Remove the cup if this happens

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After feeding

- Burp your baby
- Note how much milk was taken
- If your baby spills a great deal you can weigh the facecloth before and after the feed to see how much milk your baby dribbled

Notes

- Offer your baby your breast, then give extra milk by cup
- **Do not** tilt your baby back and pour milk from the cup into his/her mouth
- With practice cup feeding gets easier for you and your baby
- Keep each feeding and pumping session to less than one hour – then everyone has a break
- Cup feeding can be messy, especially the first few times

*Learning to breastfeed your baby
often takes some time.*

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