

# CUP FEEDING

## A BABY NOT FED AT THE BREAST CAN BE FED WITHOUT A BOTTLE

Cup feeding can be used from birth. It is suitable for both expressed breastmilk and infant formula. You can use any clean, open cup with a smooth surface.

Cup feeding has no notable difference to bottles for average time per feed.

Cups are safer than bottles. Bottle teats and screw tops trap germs that can get into the milk and make babies ill. Cups are easily cleaned with washing in hot soapy water, and do not need sterilising like bottles.

In emergencies, use disposable cups.



**Feeding time is bonding time - lots of cuddles, eye-contact, talking, smiling, humming and singing.**

## CUP FEEDING IS AS EASY AS 1-2-3!

Sit baby upright on your lap and support their back and neck. With small babies it can help to wrap them with a cloth, to keep their hands from knocking the cup.

1

Hold a small cup of milk to rest the rim lightly on baby's lower lip. Then tilt the cup, keeping the milk at the rim of the cup, just in reach of baby's lips. Baby should be alert, and open both their mouth and eyes.

2

Go Slow. DO NOT POUR the milk into baby's mouth. Always let baby lead the pace of sips, swallows and pauses. Still keep the milk just at the cup's rim. When baby is full, they will close their mouth and will not take anymore.

3



Babies will suck or sip the milk, or may use their tongue to lap it up like in this picture on the left.

Cup feeding gives babies freedom to move their tongue in a way that is closer to the 'suckle' reflex used for breastfeeding.

**Did you know you can re-establish breastfeeding through a process called relactation?**

**Breastfeeding saves lives, especially in emergencies.**

**Reach out to a breastfeeding counsellor to learn more.**

Adapted from The World Health Organization - Infant Feeding in Emergencies: A Guide for Mothers and UNICEF/WHO 20-hour Baby Friendly Hospital Initiative Course by Magdalena Whoolery (PhD Health Studies, BSc Nursing, Dip HE Nursing) and Julie Fogarty (BFA, GradDipTchg), January 2020 (updated April 2020). Poster endorsed by the following: