



Guidelines for Cup Feeding

CARE INSTRUCTIONS

Why use cup feeding?

Cup feeding is an option for giving breast milk when babies are having difficulty latching to the breast. It is another way to feed a baby without using a bottle. Cup feeding provides a positive oral experience when the mother cannot breastfeed. The baby controls the feeding: how quick, how much, and when to rest. It stimulates the baby's tongue and jaw movement. It promotes social interaction of being held and making eye contact. Both parents can cup feed.

Use cup feeding with:

- A baby who is breastfeeding but whose mother cannot be present for all feedings.
- A baby whose mother is ill after delivery and who can not breastfeed.
- A baby who has an uncoordinated suck and swallow.
- A term baby, when complementary feedings are needed due to hypoglycemia, jaundice or dehydration or to give drugs orally.
- Babies with neurological problems. They are often able to sip or lap milk from a cup.
- A baby who has cleft lip/palate and whose mother wishes to breastfeed.

Do not use cup feeding with:

Any newborn who is likely to aspirate (poor gag reflex, generally lethargic, marked neurological deficits).

Procedure for cup feeding

1. Wrap the baby to control hands.
2. Support the baby in an upright sitting position.
3. Fill the medicine cup at least half full with breastmilk, colostrum or formula.
4. Place brim of cup at the outer corners of the upper lip, gently touching the lower lip, with the tongue inside or outside the cup. (Many full term infants prefer their tongue under the lip of the cup.)
5. Tip the cup so the milk is just touching the baby's lips. Do not pour the milk into the baby's mouth.
6. Baby usually sips or laps the milk.
7. Allow time for the baby to swallow and to pause if needed and let the baby control the feeding.
8. Let the baby pace the feedings, but limit the length of the feeding to approximately 30 minutes to minimize fatigue
9. Stop to burp from time to time
10. Leave the cup in position during the feeding. While the baby rests do not move the cup from position
11. Do not attempt to cup feed a baby who is not alert or who is excessively sleepy.

