

How to cup feed a baby

Cup feeding is best taught by a demonstration from your experienced health care professional if possible. Your baby needs to be awake and alert, and in an upright position. **Never cup feed a sleepy baby or a baby who is lying flat and never pour milk into a baby's mouth.**

Use a small cup with a smooth edge such as a medicine cup, sherry glass or shot glass or your maternity hospital may give you one. You can also buy little plastic cups specially for the purpose which can be shaped slightly during feeding.

- Half fill or two thirds fill a cup with slightly warmed breast milk or infant formula
- **Ensure your baby is fully awake, alert and interested in feeding**
- If needed wrap your baby to prevent him knocking the cup out of your hands
- **Sit your baby in a comfortable, upright position on your lap**, you may need a cloth under baby's chin in case of spillage
- Rest the rim of the cup on your baby's lower lip or their lower gum ridge
- Tip the cup just enough so that milk reaches the rim of the cup, don't put the cup too far into baby's mouth
- Your baby will quickly learn to sip or lap milk from the rim of the cup with his tongue
- **DO NOT pour the milk into his mouth, go slowly** keeping the milk just at the rim of the cup
- Leave the cup in position when baby pauses to rest between swallows and is not drinking, avoid putting pressure on the lower lip
- Continue to tip the cup enough to keep the milk at the rim of cup
- Burp baby if needed during the feed.