

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

Cups are safer than bottles, because bottle teats and screw tops trap germs that can get into the milk and make babies ill.

Smooth, open cups are easy to clean by washing in hot soapy water and don't need to be sterilised like bottles.

In emergencies use disposable cups. Babies can drink from cups from birth.

For average time per feed, cup feeding has no notable difference to bottles.



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

HOW DO YOU CUP FEED A BABY?

1
Sit baby upright on your lap; support baby's back and neck. With small babies it can help to wrap them with a cloth, to keep their hands out of the way to prevent knocking the cup.

2
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 the baby's lips. Baby should be alert, and open both their mouth and eyes.

3
Go slow. DO NOT POUR the milk into the baby's mouth. Always let the baby lead the sips, swallows and pauses at their own pace. Avoid pressure on the lower lip. Continue to keep the milk just at the rim of cup. When baby has had enough, they will close their mouth and will not take any more.

Full-term babies will suck/sip the milk. Premature babies will 'lap' the milk like a kitten, taking the milk into their mouth with their tongue.

With bottles and dummies, babies usually "suck", like drinking from a straw. Cup feeding gives babies freedom to move their tongue, as happens with the tongue-moving "suckle" of a breastfeeding baby.



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.