



CUP FEEDING

- › Cup feeding can be used instead of bottle-feeding. It helps promote breastfeeding by avoiding nipple confusion.
- › Cup feeding is a method of feeding milk to an infant using a small cup without a lip. The 30 ml medicine cup used in many hospitals is ideal.
- › Cup feeding is safe and is a simple way to feed baby.
- › Babies learn very quickly and will open their mouths to feed when they smell the milk and feel the lip of the cup touch the upper outer edges of their top lip.
- › ADVANTAGES OF CUP FEEDING:
 - Little energy used for premature babies.
 - Helps with correct tongue and jaw movements.
 - Positive oral experience (very important, especially for infants who have had painful procedures and gavage tube feeding).
 - Digestion of milk begins in the mouth.
 - Encourages the tongue coming forward and down. This is necessary for correct breastfeeding attachment later.
 - Less fat is lost in a cup than a gavage tube.
 - Encourages eye contact and is a socializing process.
 - Easy method of feeding for parents and health care providers.

- › Use expressed breast milk. If necessary, sugar water or formula may be used. Ask your nurse or lactation consultant.
- › Wrap your baby with his/her arms in. This will prevent your baby from bumping the cup. Your baby should be calm and not crying.
- › Fill a 30 ml cup to about the 5 - 10 ml mark with the warm breast milk or supplementation. The cup is refilled if needed.
- › Hold the baby on your lap in an upright position. Place the filled medicine cup gently against his or her bottom lip.
- › Tilt the cup at a slight angle to let the milk touch the lower lip. Never pour the milk into a baby's mouth. The baby will extend his or her tongue in an attempt to "lap" the milk. Often, infants who are closer to term will sip the milk.
- › Talk to the infant as you would during feeding.
- › Let the infant go at his or her own pace. Hold the cup up against the lower lip even during pauses. There is no need to remove the cup when the baby stops drinking, as she/he will start again when ready.
- › Burp the infant as you would with other feedings. Continue to offer the cup until the infant shows signs of having enough (e.g. becomes sleepy, stops feeding). In the first few days of life, no more than 10 cc is usually required for a normal newborn. Remember, a breastfeeding infant has an average total intake of 40 ml in the first 2 days following birth.
- › Remember that reading infant cues are important to the success of cup feeding.



REFERENCES

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