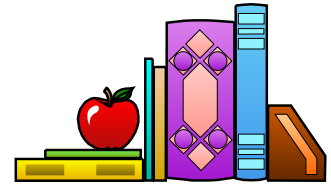


## Cup Feeding Your Baby



With the exception of tube-feeding at the breast, cup feeding is the only feeding method that does not appear to interfere with breastfeeding. Because sucking is not involved, there is no risk of the baby developing a preference for an artificial nipple. It may take a few feedings by cup for your baby to learn this new way to obtain his milk.

### SUGGESTIONS:

1. Use a cup made specially for cup feeding infants or a small cup with rounded edges.
2. Pour a small amount, about  $\frac{1}{2}$  ounce, of supplement into the cup at a time. Less to spill.
3. Tuck a cloth under the baby's chin to catch any drips.
4. Hold your baby in a semi-upright position on your lap. He must not be cup fed while reclining.
5. Tilt the cup so the fluid is right at the edge, almost ready to spill out.
6. Bring the cup up to the baby's nose so he can smell it. Babies have a very acute sense of smell and this will help him know that food is coming.
7. Bring the tilted cup to the baby's lips. Allow a drop or two to go into the baby's mouth so he knows there is something there for him to eat.
8. With the cup tilted so the fluid is just at the edge of cup push it down against his bottom lip so that the lower lip is flanged out under the cup.
9. Hold the cup steady against his lower lip so he can either lap or sip the fluid. How he takes the supplement will depend on his gestational age. Less developmentally mature babies like to suck while those at or close to full term like to lap.
10. Go at your baby's pace. He will push his head back slightly against your hand that is supporting his head when he wants to take a break or burp. Remove the cup from his bottom lip and hold it under his chin to catch any drips or spits. They love to spit out their last mouthful. Don't lose it, have the cup ready under their chin to catch it.
11. Burp your baby frequently. Many times when babies stop showing interest in the cup it is because they need to burp.
12. Your baby needs to be in control of the feeding. If he resists the cup, stop, comfort him and try again.