



Breastfeeding
Committee
for Saskatchewan

www.thebcs.ca

Important

The first milk choice is your own expressed breast milk. If artificial baby milk (formula) is used discuss the possible health risks with your health care provider.

For further information contact:

Local Public Health Nurse

International Board Certified
Lactation Consultant (IBCLC)

Local breastfeeding support
Group

Saskatchewan HealthLine 811

References:

Mohrbacher, N., & Stock, J. (1997). *The breastfeeding answer book* (Rev. ed.). Schaumburg, Ill.: La Leche League International.

Newman, J., & Pitman, T. (2014). *Dr. Jack Newman's guide to breastfeeding* (Rev. & updated ed.). Toronto: HarperCollins.

Cup Feeding Your Baby

This method of feeding should be used only after instruction by a qualified health care provider.

Cup feeding is used:

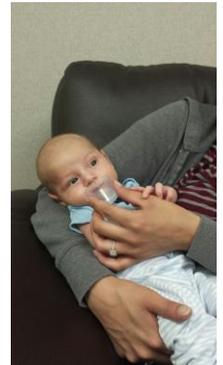
- As a method of feeding when a mother is not able to breastfeed her baby
- If an infant needs supplementation in addition to breastfeeding
- To avoid bottle "nipple confusion"

Equipment

- Small clean cup
- cloth

How to cup feed

- The baby should be calm and awake.
- Wrap the baby securely to prevent baby's hands from bumping the cup.
- Place cloth under baby's chin.
- Pour recommended amount of expressed breast milk or artificial baby milk into the cup.
- Hold the baby in an **upright** sitting position on your lap. Make sure that you are both comfortable.
- Let edge of cup touch baby's lower lip.
- Tip cup until milk reaches baby's lips. **DO NOT** pour milk into baby's mouth.
- Baby will lick milk with his/her tongue or may sip it.
- Keep the cup in the same position during the feed. The baby may pause during the feeding; do not remove the cup when the baby stops sipping.
- Burp baby after every 15ml (1/2 oz).



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How much should the baby take?

- This varies according to baby's age. Please discuss your baby's needs with your qualified health care provider.

Cup feeding is a temporary way to feed a baby. Stay in touch with your health care provider if cup feeding is used.