

Advantages of Cup Feeding

- Allows the baby to use his or her tongue to taste and take breast milk
- A cup is easier to clean than a bottle and teat
- Less risk of ‘nipple preference’ than by using an artificial teat



Steps of cup-feeding



- Cup should reach the corners of his mouth and touch lightly on his lower lip

- DO NOT take the cup away when the baby pauses unless he pulls away

- Baby is fully awake calm and alert

- Hold him in an upright position supporting his shoulders and neck

- Follow your baby's cues and let him set his own pace

- With the cup about half-full, hold it so that it is just touching your baby's mouth

- DO NOT POUR the milk into his mouth; tip the cup just enough so that baby will lick the milk himself, bringing his tongue forward to do it