



CLINICAL PRACTICE GUIDELINE

Breastfeeding: Cup feeding

This document should be read in conjunction with this [Disclaimer](#)

Step 9

Give no artificial teats or dummies to breastfeeding infants

Key points

1. Cup Feeding is an alternative means of providing colostrum/EBM (not formula) to babies unable to attach and/or suck at the breast successfully or for babies who need supplementation of EBM.
2. The procedure is most successful when the baby is wide awake and interested
3. Guide and support the mother for the first feed using this method or until she is confident

Equipment

- Small clean medicine cup.
- Feed - EBM/colostrum - **not formula**

Procedure

1. Always wash hands with soap and water and dry on a clean towel.
2. Wrap baby securely. Prevent hands knocking/spilling the contents of the cup.
3. Support the baby in an upright sitting position
4. Fill the cup half full
5. Tip the cup so that the milk is touching the baby's lips. **Do not pour the milk into the baby's mouth.**
6. Tilt the rim of the cup touching the baby's bottom lip, towards the upper lips and gums.
7. As the baby's jaw is lowered, a small amount of feed will be taken and swallowed.
8. Leave the cup in the correct position during the feed. Allows the baby to self-regulate the feed as desired.
9. Record on paediatric and observations baby feeding chart MR490.
10. After use, wash the cup with warm soapy water and rinse with warm water.

References

1. Brodribb, W (Ed.). Breastfeeding Management in Australia. 4th Edition. East Malvern: VIC: Australian Breastfeeding Association. 2012.
2. Kellams, A., Harrel, C., Omage, S., Rosen-Carole, GC & Academy of Breastfeeding Medicine (ABM). ABM Clinical Protocol #3: Supplementary Feedings in the Healthy Term Breastfed Neonate. Revised 2017.
3. Breastfeeding Medicine. Vol 12, Number 3. 2017.
4. Baby Friendly Health Initiative Australia Handbook for Maternity Services. Step 9. P.33-34. Australian College of Midwives. 2016.


Related WNHS policies, procedures and guidelines

WNHS [Breastfeeding Policy](#)

KEMH Clinical Guidelines: O&G: Newborn Feeding: Breastfeeding

Useful resources (including related forms)

MR 490

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