



If you are unable to breast feed your baby, cup feeding is the best alternative because:

- Even small premature babies can cup feed
- It uses up very little of the baby's energy
- It is easy for anyone to learn how to do it
- It's hygienic as cups are easily cleaned
- Mothers milk can be easily expressed into the cup
- It's safer as the baby is being held and watched while drinking
- It involves the same tongue movement as breastfeeding so when the time is right, baby can easily start breastfeeding
- Baby drinks at his/ her own pace and controls his/ her own milk intake
- It is affordable - you can use any cup (a small one is best)



Western Cape Government Health
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Why is Cup feeding better than bottle feeding ?

<p>HYGIENE The simple shape of a cup is easy to clean with soap and water.</p> <p>Cups do not encourage left overs to be stored.</p>	<p>are difficult to clean and sterilise.</p> <p>Feeding bottles are a major cause of infant diarrhoea. If bottles are prepared in advance and stored incorrectly it may increase the chance of a baby becoming ill.</p>
<p>SUCKLING A cup does not interfere with the way a baby attaches to and suckles at the breast.</p>	<p>Bottles may teach a baby to suck in a way that makes them unwilling to breastfeed.</p>
<p>CONTACT WITH MOTHER The baby has to be awake and is held in the mother's arms during feeds.</p>	<p>The baby is often propped up with a bottle and left alone during feeds.</p>
<p>SAFETY The baby is constantly watched.</p>	<p>Many babies are left alone with their bottles -this can lead to choking.</p>
<p>TIME Although the baby feeds at his own pace, it is usually quicker. Bottles and teats</p>	<p>Bottle feeding is usually slower.</p>



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BETTER TOGETHER.



Cup Feeding
 the best alternative!



How to feed your baby with a cup



All babies can be fed with a cup, even babies that are born too small or too soon.

- Your baby must be awake
- Sit your baby on your lap if necessary wrap the arms so that your baby cannot bump the cup
- Support your baby's head
- The cup must be at least half filled with milk

Cup feeding is much safer than bottle feeding



- Bring the cup to your baby's lips
- When baby opens the mouth, tilt the cup
- The cup must rest lightly on the lower lip
- DO NOT POUR the milk into baby's mouth
- Your baby will sip the milk from the cup
- Your baby needs to rest between sips



- When your baby has had enough baby will refuse to drink any more
- Take note of how much breastmilk your baby drinks in a whole day and not at one feed.



IMPORTANT

Ideally breastfeeding is best for babies, but at times when it is not possible Cup feeding is the best and safest alternative