

Giving Breastfeeding Babies Extra Milk

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HNELHD actively Protects, Promotes and Supports Breastfeeding through the implementation of the Ten Steps to Successful Breastfeeding and adhering to the Baby Friendly Health Framework.

The aim is to provide every woman with the best chance of establishing breastfeeding and then continued exclusive breastfeeding for as long as mutually desired by mother and baby.



Cup and Spoon Feeding

Cup and spoon feeding are a safe alternative to bottles and teats when your breastfeeding baby requires extra milk.

Feeding your breastfeeding baby with a bottle and teat may impact on their ability to feed at the breast which can make establishing breastfeeding more challenging.

The advantages of cup/spoon feeding include:

- Avoids changes in sucking techniques that may arise from the use of artificial teats.
- Allows baby to control the volume and time it takes to feed.
- Assists babies to stimulate tongue and jaw movements

The midwife caring for you will provide you with a demonstration of how to feed your baby and supervise you until you feel confident using the spoon or cup to give 'extra milk' to your baby.

Note: Syringe feeding is not recommended due to the high risk of baby choking.

Feeding your Baby with a Cup or Spoon

Your baby should be awake, calm and alert when being fed by a cup or spoon. The cup used should have smooth edges and a capacity of no more than 30mls.

1. Wash your hands before commencing feed.
2. Ensure baby is calm and alert (may need to wrap baby)
3. Support your baby in an upright position.
4. Ensure cup is no more than half full
5. Bring cup to baby's bottom lip so the lower rim of the cup is in contact with lower gum.
6. Cup should be tilted gently until baby feels and tastes milk on bottom lip.
7. Baby's natural reaction is to bring their tongue forward and start lapping the milk.
8. Baby is able to control feed by pausing between drinking.
9. **DO NOT pour the milk into baby's mouth**
10. More milk can be added to the cup as required.
11. A cup/spoon feed can take time but should be completed within 30 minutes.

Video available at: <https://globalhealthmedia.org/portfolio-items/cup-feeding-your-small-baby/?portfolioCats=191%2C94%2C13%2C23%2C65>



