

Cup feeding (expressed breast milk)



Cup feeding works well when your baby is getting more than 5mls of expressed breast milk and they are alert. It is not recommended if your baby is sleepy as it increases the risk of them breathing in the milk accidentally.

This method may prevent breast refusal related to bottle feeding. Please ask for help before starting.

What do I need?

A smooth rimmed small cup, such as a small medicine cup.

What do I need to do?

- Wash your hands well
- Place a small amount of expressed breast milk into the cup
- You might find it helpful to wrap your baby so that their arms are secure, to help avoid spilling the milk

- Hold your baby in a sitting position
- Place the cup on your baby's lower lip with the edges of the cup reaching the corners of their mouth
- Tip the cup so that the milk is at the edge of the cup
- **Do not pour the milk into your baby's mouth**
- Your baby will extend their tongue and lick up the milk
- Clean the cup with warm soapy water and rinse it after every feed, so that it is ready for the next feed
- Ask for help if your baby is not feeding well.

Scan the QR code for more information and resources



Contact Information

Feeding Clinics are located at your Community Health Centre

- + Hawkesbury (02) 4560 5714
- + Lithgow (02) 4751 0100
- + Katoomba (02) 4751 0100
- + Springwood (02) 4751 0100
- + St Marys (02) 9833 6800

Australian Breastfeeding Association

Telephone: 1800 686 268

App available by scanning the QR codes below

