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


### 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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