

Spoon or cup feeding your baby

Information for parents on Ward 4C

Why spoon or cup feed my baby?

Spoon or cup feeding in the first few days is an easy way to offer extra milk to your baby when:

- Baby is not latching or breastfeeding well.
- The blood sugar level is low.
- Parents want to offer extra milk without using bottle nipples.
- Parents are separated from their baby, but plan on breastfeeding.

How do I spoon or cup feed my baby?

Getting ready

- Wash your hands well.
- Use a new unwrapped plastic spoon or a new medicine cup for each feed.
- Make sure your baby is starting to wake. Undress them and place them skin-to-skin with you, talk to them and stroke their skin.

How to spoon or cup feed

- Hold your baby in your arms, sitting semi upright on your lap.
- Sometimes your baby can grab at the spoon or cup and may need to be swaddled.
- Place a few drops of milk onto the spoon or into the cup. Larger volumes of milk may be easier to manage in a cup.
- Rest the tip of the spoon or cup on your baby's lower lip.
- Tip the spoon or cup slightly, so the milk just reaches your baby's lips.
- Allow your baby to lap or sip the milk and swallow at their own pace. You may also tip a few drops of milk into baby's mouth allowing time to swallow.
- Your baby may have as much breastmilk as they will take. The volume of formula given should be based on the Healthy Newborn Feeding Guidelines or ordered by your doctor.

After spoon or cup feeding

- If your baby still looks eager to feed, try breastfeeding again.
- On the bedside feeding sheet write down how many spoonfuls of breastmilk, or how many milliliters (mls) of formula were given.
- You should be hand expressing and/or pumping after each spoon or cup feeding to increase your milk supply.