

# **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.