

Feeding Cup

Description

Cup feeding is a method of supplemental feeding, using a small, soft cup such as a Foley feeding cup to teach the parent an alternate method to feed the baby in an upright position. Cup feeding is the preferred alternate feeding choice when a parent intends to breast/chestfeed.

Indication for use of Feeding Cup

- a. Mother is unavailable
- b. Sore nipples
- c. Unable to latch infant
- d. Temporarily supplementing due to medical necessity, such as preterm infancy, minor cleft lip or palate.

Procedure

- a. Educate client about the purpose of feeding cups and the risks of poor milk intake and compromised milk production when cup feeding.
- b. Assess milk production and need for additional breast stimulation when using a specialty feeding device.
- c. Instruct the client to:
 - i. Have proper technique when feeding a baby with sipping or lapping method.
 - ii. Make sure baby is fully awake, calm and alert before feeding this way.
 - iii. Use a bib on baby to catch spills and gently secure baby's hands to prevent from bumping the container.
 - iv. Hold baby in an upright position on caregiver's lap or crook of arm, supporting baby's shoulders and neck.
 - v. A healthy breastfed infant's average intake of human milk is
 1. First 24 hours: 2-10 ml
 2. 24-48 hours: 5-15 ml
 3. 48-72 hours: 15-30 ml
 4. 72-96 hours: 30-60 ml
 - vi. Direct the rim of the cup towards the corners of the upper lip and gums with it gently touching/resting on the lower lip. Do not apply pressure to the lower lip.
 - vii. Tip cup so that milk touches lips. The infant should begin to lap the milk from the cup with his/her tongue. The tongue should form a trough to bring the milk to the back of the throat so that swallowing can occur.
 - viii. Not pour milk into infant's mouth.
 - ix. Keep the cup in a tilted position.
 - x. Not to take cup away when baby pauses, unless he/she pulls away. Allow baby to start again when he/she is ready.
 - xi. Observe infant's natural pauses between bursts of swallows. It is important to let the infant pace herself/himself. If not swallowing well, do not use this method.

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