

# Cup Feeding Your Baby



- Place a bib or towel under baby's chin
- Sit baby upright
- Support behind baby's neck and shoulders
- Baby's back is straight and chin is up.



- Hold the cup to baby's lips
- The edge of the cup should gently touch the outer edge of the baby's upper lip, with the cup resting on their lower lip
- Tilt the cup so milk just reaches the rim.



- Your baby may start to become more alert and will start to take milk into their mouth with their tongue in a sipping motion
- Your baby controls the feed. They will take as much milk as they want and will rest when they need to.



- Milk should **never** be poured into baby's mouth, this increases the risk of choking/aspiration
- Remember to stop and wind your baby several times during a feed
- It is normal for the amount baby takes at each feed to vary.



- Your baby will let you know they're finished by closing their mouth or becoming restless
- Remember feeding time is a great time for bonding, lots of cuddling, eye-contact, smiling and talking.