



**Australian
Breastfeeding
Association**

Cup feeding in an emergency

Hot water for cleaning baby feeding bottles may not be available in an emergency. If you are formula feeding or exclusively expressing breastmilk, you can use disposable plastic or paper cups to safely feed your baby.

Babies of all ages can cup feed. You can use any cup, but a small cup may be easier for your baby to drink from.

Disposable cups are ideal if you are without hot water for cleaning. If you don't have disposable cups, use a small cup so your fingers can reach the bottom. This will make it easier to clean the cup if water is limited.

Cup-feed your baby only when they are awake and alert, and hold them mostly upright. It is important not to lay your baby back because this can cause them to splutter, and they may breathe in some milk.

Cup feeding may seem slow and messy at first but it quickly becomes easier. You can put a bib on your baby or hold a cloth under the cup to catch any spills.

Concerned about feeding your baby in an emergency?

Call the **National Breastfeeding Helpline** (free and available 24 hours a day, 7 days a week) or speak to a healthcare worker.



1800mum2mum
Breastfeeding Helpline 1800 686 268

How to cup-feed

Hold your baby upright in your lap. Rest the cup on your baby's bottom lip so the edges reach the corners of their mouth.



Tip the cup so the milk reaches the edge. Don't pour the milk into baby's mouth; tip it just enough so they can reach it. A young baby will lap the milk with their tongue, an older baby might suck or sip the milk.



Keep the cup in place when your baby pauses. Let them start again when they are ready. They should be in control of how much milk they take at a time. When they've had enough they will close their mouth or pull away. An older baby may push the cup away.

