



Teaching Cup Feeding

1. Prepare four 3 ounce paper cups, using soft moldable DIXIE cups or a similar brand.
2. Pour 1 ounce of formula or breast milk into each cup.
3. Give baby a soft object to hold.
4. Place towel under baby's neck.
5. When you are ready to begin feeding, cradle the baby in your arms in a semi-sitting posture with the infant's body upright and tilted slightly backwards. This position both helps the child swallow and prevents flow of formula or milk into the nose.
6. Pour formula on to the tongue slowly until the infant swallows.
7. Listen for sucking sounds.
8. The child with a cleft may swallow air when feeding and should be burped often.
9. Continue feeding all of formula or breast milk.
10. Hold infant close and talk to infant while you are feeding them.
11. Feed every three hours or as recommended by your Pediatrician.

NOTES: Some parents worry that their infant will choke during feeding. Choking is usually caused by milk striking the back of the throat, and is often the result of feeding too rapidly.

Adding rice cereal to the formula is sometimes helpful. This should be done gradually. A thicker formula will make it easier for the baby to swallow the formula, thus losing less of each feeding, and reducing the amount of choking.