

# Ardo Easy Cup

## The alternative feeding method

The Easy Cup can be used by parents who primarily wish their baby to be breastfed, but who on occasion need an alternative method of feeding. It will be most successful when the baby is wide awake and interested. Expressed breast milk is the ideal milk to use.

**How to use the Easy Cup** - the method of cup feeding is the same for any baby.

- Fill the Easy Cup, if possible, to at least half-full.
- Wrap the baby securely, to prevent its hands knocking the Easy Cup.
- Support the baby in an upright sitting position on your lap, so that you are both comfortable.
- Tip the Easy Cup so the milk is just touching the baby's lower lips. The milk should NEVER be poured directly into the baby's mouth.
- Direct the rim of the Easy Cup towards the corners of the upper lip and gums, with it gently touching/resting on the lower lip.
- Leave the Easy Cup in the correct position during the feed and do not keep removing it when the baby stops drinking. It is important to let the baby take as much as it needs in its own time.



**Cleaning the Easy Cup** - wash in warm soapy water and rinse in clean water before sterilising.