



**SINAPI**  
Feeding Cup

## CUP FEEDING IS BETTER THAN BOTTLE FEEDING

It is easier to clean a cup than a bottle and teat.

A clean cup reduces the risk of diarrhoea.

Cup feeding is baby friendly: babies alternate easily between cup and breast.

Babies are held and watched while cup feeding.

Babies can control their drinking pace.

Cup Feeding supports breast feeding: nipple confusion is prevented

It is easy to express breast milk into a cup.

The baby's mouth & tongue movements are similar with cup and breastfeeding.

## FEATURES

Easily cleaned by hand  
(no sharp corners, fingers can reach everywhere)

Can be autoclaved  
(to 115deg C)

Can be left in the sun to sterilise  
(UV-stable)

Can be boiled  
(in a household kettle)

Easy to mix, store and feed  
(soft watertight lid)

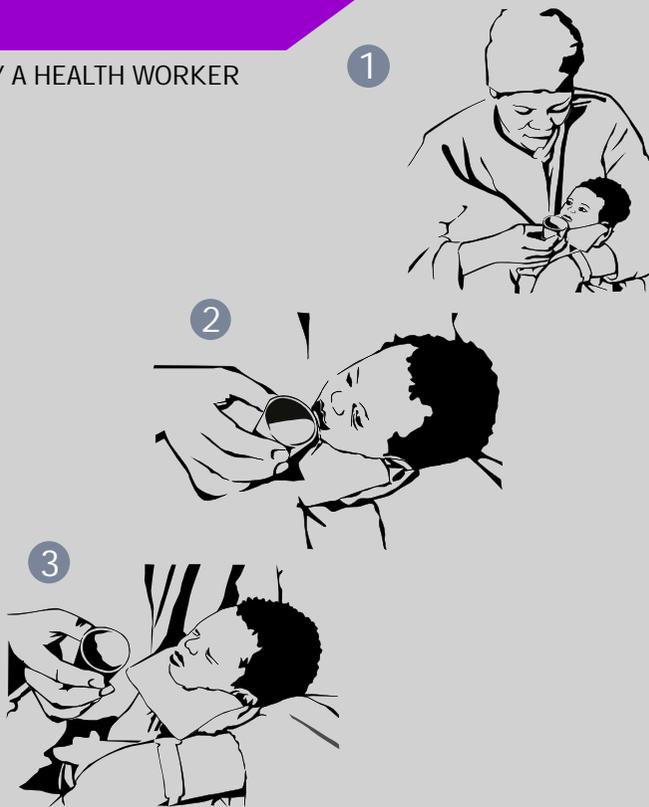
Volume marks  
(25ml and 10ml increments)



## HOW TO CUP FEED

ENSURE THAT YOU HAVE BEEN SHOWN HOW TO CUP FEED BY A HEALTH WORKER

- Your baby must be awake.
- Sit your baby upright on your lap ①
- If necessary wrap his arm so that he cannot bump the cup.
- Support the baby's head with one hand.
- The cup should be at least half full of milk.
- Bring the cup to the baby's lips. ②
- When the baby opens his mouth rest the cup on his lower lip.
- Gently tilt the cup until the milk touches the baby's lower lip.
- DO NOT pour the milk into his mouth.
- Your baby will lap or sip the milk from the cup.
- Allow the baby time to rest between sips. ③



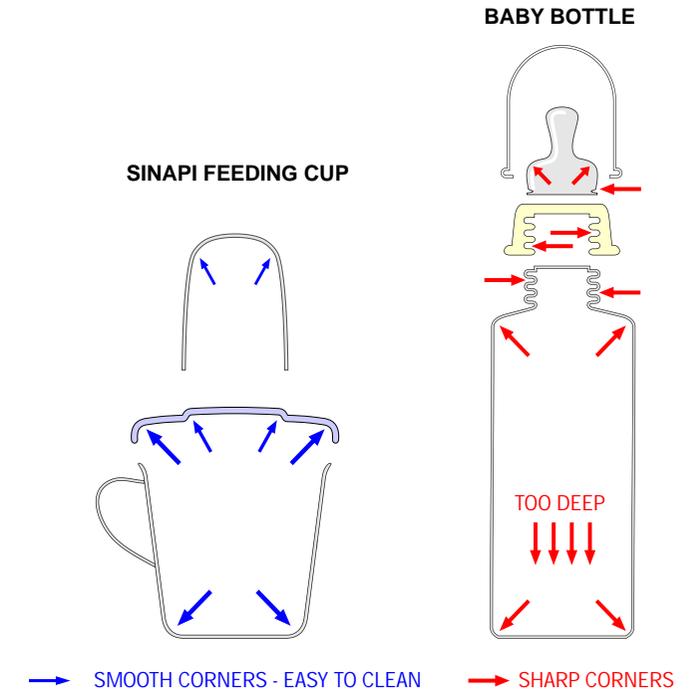
## CUP FEEDING

- Exclusive breast feeding for six months is the best option for most babies. However, if a mother does not breastfeed, cup feeding is simpler, easier and safer than bottle feeding.
- It is easy to learn how to cup feed a baby.
- Either expressed breast milk or formula milk can be given by cup.
- The large feeding cup is used to measure the volume of water and mix in the milk powder. The small cup is used to feed the baby.
- Milk can be conveniently stored in the cup (with the cap closed) for no longer than 2hrs outside a fridge and 24hrs inside a fridge.
- Even small babies can successfully cup feed. Both a small and big cup is provided. The small cup is used to feed premature or term newborn babies.

## HOW SHOULD YOU CLEAN & USE THE CUP?

- Wash your hands.
- A clean finger can be used to remove any milk deposit.
- Clean water by boiling and letting it cool down.
- Wash the cup well with soap and clean water.
- Rinse the cup with clean water.
- Put the cup in boiling water for 5 min or stand in the sun for 30 min to sterilise.
- Use the cup to measure the correct amount of water.
- Add the correct amount of milk powder according to the manufacturer's instructions.
- Be sure to use the scoop provided in the tin.
- Put on the lid and shake well.
- Feed directly from the larger cup for larger infants or pour milk into the smaller cup for young infants.
- Do not keep left over milk after a feed.

## AVOID BOTTLE FEEDING



## ORDERING INFORMATION

A Feeding Cup consists of:

- Large 200ml translucent cup
  - Lid
  - Small 50ml cup
  - Instruction manual (7 languages)
- Clean packed and sealed in plastic bag

South Africa National Tender No. - Rt9

Pack size - 100 units per box

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