

- CHILD CARE FEEDING PRACTICES - FEEDING HUMAN MILK FROM A SIPPY CUP

Child care programs welcome, support, and encourage breastfeeding families of diverse cultures and backgrounds. With staff that are trained on how to store, handle, and feed expressed milk to breastfed children, they are able to advocate for breastfeeding families. Infants should be given human milk exclusively for the first six months of life, then gradually introduced to solid foods while continuing to provide human milk as long as the family desires. Human milk provides optimal nutrition and many health benefits throughout childhood. This resource provides guidance on serving human milk beyond the infant classroom.

EXPRESSED HUMAN MILK:

- In preparation for use at the child care program, store in a clean cup, sippy cup, or other appropriate sealed container with a label.
- The cup/sippy cup should be labeled with the child's full name and the date. Ensure label/writing is not easily removed.
- The cup/sippy cup should be stored in the refrigerator until ready to use.
- Human milk remaining after a feed can be returned home. It should not be discarded before discussions occur, between the family and the child care program, to determine how to handle leftover human milk.
- Families should provide fresh and frozen human milk in small amounts (~2-3 ounces per container). This will allow the child care program to tailor the volume needed for feeds throughout the day.



DRINKING FROM A CUP:

- Human milk can be served in an open cup or sippy cup. There is no minimum age to drink from a cup/sippy cup.* Younger children may need support of a caregiver, but additional supervision above the standard is not required due to human milk being served.
- Start with small amounts of expressed human milk (~2-3 ounces) and pour more into the cup/sippy cup if needed.
- Frozen milk containers can be defrosted in the refrigerator, in a bottle warmer, or under running water; pour defrosted human milk into the drinking cup/sippy cup.



*During an emergency (i.e. natural disaster) disposable cups are recommended, particularly when cleaning supplies are not available, for all ages including small infants.