

kindestCup



FREQUENTLY ASKED QUESTIONS

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Is the kindestCup a breast pump?

No, the kindestCup does not express or suck milk from the breast. The kindestCup attaches itself to the breast over a large area and only collects the milk that flows naturally from the breast during breastfeeding.

If you want to actively express more milk, you can use the kindestCup to express your breast milk by hand. Thanks to its large opening, the kindestCup is the perfect cup for collecting hand expressed milk.

How does the kindestCup differs from other milk collection cups?

The common milk collection cups are small shells that are worn in the bra. These do not attach to the skin with a vacuum and are therefore not leak-proof when moving. The kindestCup, on the other hand, follows every movement and protects the valuable breast milk from leaking.

In addition, the kindestCup is the only milk collection cup that is multifunctional and is also suitable for expressing milk by hand and feeding breast milk.

Can I use the kindestCup in addition to a breast pump?

Yes, the kindestCup is a good complement to the use of breast pumps. If the breast pump is not available or you are travelling, for example, you can use the kindestCup flexibly at any time to express your breast milk by hand. By expressing milk first with a pump and then by hand, many mothers can increase their milk supply.

What is the best way to hold the kindestCup to express milk by hand?

To express breast milk, the kindestCup can be held on the breast with your hand so that the reservoir is facing downwards. In this position, the kindestCup can hold the largest amount of breast milk.

If the kindestCup is to be used for expressing colostrum, the other, flatter side of the opening is usually better suited for this. The reservoir of the kindestCup then points upwards. This means that the colostrum is directly on the side where the kindestCup is placed on the baby's mouth for feeding. In this way, less of the valuable colostrum sticks to the surface of the kindestCup and more of it benefits your baby.

How long should I wear the kindestCup?

Ideally, you should wear the kindestCup whenever you pump your milk or breastfeed your baby and want to collect the milk from the other breast with the kindestCup. The kindestCup should not be worn over a longer period of time, e.g. as a bra insert. Lactating nipples must be able to breathe to keep the skin healthy and resistant and to reduce the risk of bacterial or yeast infections (thrush).

The kindestCup does not stick to my breast, what can I do?

Hold the kindestCup against your breast with the reservoir facing downwards. Make sure that there is no clothing between the kindestCup and your skin. Now press the flat base of the kindestCup against your breast, you should hear the air release. If the kindestCup adheres well, the base will remain pressed in.

If the hold does not work well for you straight away, turn the kindestCup very slightly and try again in this position. Please also note that the kindestCup may not adhere as well if you have applied lubricant to your breast shortly beforehand.

How is the kindestCup cleaned/disinfected?

Before using the kindestCup for the first time and after each use, rinse it thoroughly with warm water and then clean it with a commercially available detergent. It is best to leave the kindestCup to air dry. To disinfect, you can place the kindestCup in a pot of boiling water for 5-10 minutes. The material of the kindestCup is suitable for cleaning in the dishwasher or microwave (with a microwave bag designed for this purpose, e.g. Ardo Easy Clean). Depending on the hardness of the water used, cleaning can lead to water stains over time. However, this does not affect the functionality of the kindestCup.

How can I express my breast milk by hand?

Expressing breast milk by hand is an ancient skill that can be learnt by any mother. However, when you do it for the first time, it takes a little patience and practice to become confident. Global Health Media Project has a good guide on how to do this from a trusted source: How to Express Breast-milk – Breastfeeding Series - YouTube (<https://www.youtube.com/watch?v=axQi5PqRZ0M>).

If you feel insecure, you can also take advantage of professional breastfeeding consultation.

How can I feed my baby with the kindestCup?

Cup feeding is a very breastfeeding-friendly method and is suitable for babies of all ages, even premature babies. Global Health Media Project has a good guide on how to do this from a trusted source: Cup Feeding - Small Baby Series (<https://www.youtube.com/watch?v=OkhSJ16FHfY>)

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