



kindestCup™

is a unique, multifunctional breastfeeding cup. It was developed in 2016 by

Melanie Scholz, a breastfeeding mom with a PhD in biomechanics. Melanie realized that breast pumps suck (in more than one way). She needed other options and (literally) took matters in her own hands. This is something breastfeeding women have done for millions of years. We have the power! Harvest it with kindestCup.

CONTENT

- kindestCup (non-sterile)
- reusable drawstring pouch
- instructions-for-use

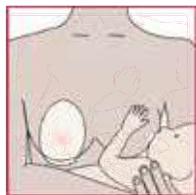
INSTRUCTIONS FOR USE



1) Catch hand expressed milk:

Hand expression is a fast and convenient way to effectively express breast milk. Before using

kindestCup, wash your hands and your cup. Make yourself comfortable. Hold kindestCup in one hand and point the nipple into the opening. Express milk with the other hand. To collect milk, use the shallow portion of the cup (ideal for smaller volumes, such as drops of colostrum) or use the tapered reservoir. Switch breasts and hands as required. kindestCup can be used right and left handed. For resources on learning hand expression visit www.kindestCup.com.



2) Collect drip milk handsfree:

Sometimes breasts start to leak, for example when breastfeeding baby on the other side. To

collect this "drip milk", place kindestCup over the leaking nipple and **press the cup towards your chest** with a flat hand to squeeze out air. **You should hear the air escape as you press.** This creates a seal between the kindestCup and your skin. It works best when kindestCup is dry. Make sure the suction is comfortable and strong enough to hold kindestCup in place. To release kindestCup, hold the cup to prevent spilling and gently break the seal by inserting a finger between your skin and the rim of the cup.

Note: drip milk, like pumped milk, has a lower fat content than hand expressed milk. To restore the nutritional value of your milk, we recommend adding some hand expressed milk to your drip milk.

Attention: kindestCup may detach and spill its contents. Baby may try to grab or kick kindestCup. If suction is lost easily, try squeezing out more air. kindestCup is not intended to be worn for extended periods of time nor as a bra insert (risk of fungal growth/ thrush).



3) Cup feeding:

Babies of any age, even newborns, can feed from a cup. Health Canada and the World Health Organization recommend that babies up to 6 months of age are fed breast milk exclusively. To cup feed breast milk to a baby, hold baby in a semi upright position and support head and neck. Bring kindestCup to baby's lower lip and let baby lap up breast milk (like a cat). Let baby regulate the pace and volume of each feed. **Do not pour milk into baby's mouth.** Adjust width and tilt of the cup as required. Ensure that kindestCup is clean and breast milk has been stored properly and is safe to use.

INSTRUCTIONS FOR CARE



Rinse cup well with warm water.

Only use mild, oil-free detergent.



Air dry in clean drying rack.

To disinfect, boil cup for 5-10 min.



Dishwasher and freezer safe (-50 to 200 °C)

Disclaimer:

kindestCup is not a medical device. Use at your own risk. If you have medical conditions or experience pain or discomfort when using kindestCup, contact your health care provider. Do not use kindestCup to replace breastfeeding. Consult with your health care provider if you plan to feed your baby anything other than breast milk before the age of 6 months.

DESIGN FEATURES

flexible spout for transferring milk without spills

high quality, 100% food safe silicone

smooth rim for cup feeding

fits right and left handed

wide, shielded cavity to catch sprays in every direction

compact shape and large opening for gentle and secure suction

soft and warm to the touch

translucent material balances privacy and visual feedback

flat bottom for stable standing

no volume scale that sets unrealistic expectations

adequately sized, tapered reservoir