

PROCEDURE FOR: Cup Feeding

CRITERIA: Developmental maturity for oral feeds and physiologic stability are prerequisites to cup feeding.

EQUIPMENT: Small soft cup feeder  
Burp Cloth  
Scale  
Breast milk or formula

PROCEDURE:

ACTION

POINTS OF EMPHASIS

1. Observe the infant for signs of alertness and feeding readiness.
2. Weigh the burp cloth prior to the procedure.
3. Fill the feeding cup with 15 ml of breast milk or formula
4. Swaddle the infant with their hands down so that they cannot bump the cup during the feeding.
5. Place the burp cloth under the infant's chin.
6. Sit the infant upright or slightly reclined on your lap, supporting the head.
7. Position the cup against the infant's lower lip and tip the cup slightly forward to allow the milk to touch the lip.
8. Allow the infant to sip or suck the milk from the cup.
8. Never pour the milk into the infant's mouth because of the risk of aspiration.
9. Allow the infant to set the pace and give the infant time to pause or burp as needed.

PROCEDURE FOR: Cup Feeding

ACTION

POINTS OF EMPHASIS

10. Feeding should take 30 minutes  
or less.

11. Weigh the burp cloth after the  
feeding to determine the amount  
of milk the infant actually  
ingested.

11. Subtract the amount of milk on  
the burp cloth from the  
initial volume of milk in the  
cup.

PARENT EDUCATION: Parents should be taught the correct procedure and be observed feeding their infant. Document teaching and observations on the Patient and Family Teaching Record.

APPROVAL: Nursing Standards Committee

EFFECTIVE DATE: 3/06

REVISION DATES:

REVIEWED DATES: 12/08