



Small Blessings
Feeding Plan Guidelines for Infants

INSTRUCTIONS: This is only a guideline, each child will grow at a different rate.

- Formula/juice may be offered in a training cup when a child is ready.
- Formula/breast milk is used until 12 months of age unless otherwise stated by child's physician
- Only plain, strained, mashed or chopped vegetables, fruits and meats are offered.
- Most children are ready for foods of coarser consistency between 9-10 months of age. Mashed or chopped table foods may be used.
- Strained or mashed foods should be introduced at 6 months if the infant's neuromuscular system has developed appropriately. Indications for solid food introduction are: ability to swallow non-liquid foods, ability to sit without support, has head and neck control, ability to show is full by leaning back or turning away.
- Finger foods may be offered between 9-12 months of age when infant is developing finger/hand coordination.

2 MONTHS – 5 MONTHS

TIME INTERVAL	AMOUNT AT FEEDING			
	Month 2	Month 3	Month 4	Month 5
6:00 am	4-6 oz.	4-7 oz.	5-7 oz.	5-8 oz.
10:00 am	4-6 oz.	4-7 oz.	5-7 oz.	5-8 oz.
2:00 pm	4-6 oz.	4-7 oz.	5-7 oz.	5-8 oz.
6:00 pm	4-6 oz.	4-7 oz.	5-7 oz.	5-8 oz.
10:00 pm	4-6 oz.	4-7 oz.	5-7 oz.	5-8 oz.
2:00 am	4-6 oz.	4-7 oz.	5-7 oz.	5-8 oz.

6 MONTHS – 12 MONTHS

	Month 6	Month 7	Month 8	Month 9	Month 10-12
24 hour formula totals	30-48 oz	30-32 oz	29-31 oz	26-31 oz	24-32 oz
7:00 am	5-8 oz formula 2-3 T baby cereal*	6 oz formula 2-3 T baby cereal*	7-8 oz formula 3-5 T baby cereal*	7-8 oz formula* * 4-6 T baby cereal* 2-4 T fruit	6-8 oz formula** ½- ¼ c baby cereal* 2-4 T fruit
9:00 am	5-8 oz formula	6 oz formula	½ c Vit C fruit juice ¼ dry toast/1 cracker	½ c Vit C fruit juice ½ dry toast/2 cracker	½ c Vit C fruit juice ½ dry toast/2 cracker
12:00 pm	5-8 oz formula ½ dry toast/2 cracker	6 oz formula 2-3 T strain veg.	7-8 oz formula 5-9 T strain veg.	7-8 oz formula** 1-2 T meat 2-4 T fruit 5-9 T veg 2-4 T fruit	6-8 oz formula** 2 T meat 2-6 T potato/ rice/noodle 5-9 T veg. 4-6 T fruit
3:00 pm	5-8 oz formula	6 oz formula ½ dry toast/2 cracker	7-8 oz formula ½ dry toast/2 cracker	7-8 oz formula** ½ dry toast/2 cracker	6-8 oz formula** ½ dry toast/2 cracker
6:00 pm	5-8 oz formula 2-3 T baby cereal*	6 oz formula 2-3 T strain fruit 2-3 T baby cereal*	7-8 oz formula 5-9 T veg 2-4 T fruit. 3-5 T baby cereal*	7-8 oz formula** 5-9 T veg. 2-4 T fruit 1 T meat 4 T baby cereal*	6-8 oz formula** 2 T meat 2-6 T potato/ rice/noodle 2-4 T veg. 2-4 T fruit
9:00 pm	5-8 oz formula	-----may start sleeping through the night-----			

*If dry cereal is used, mix cereal and formula in a bowl. Feed with a spoon

**Formula may be offered in a training cup.



Infant Feeding Plan

Instructions: Prior to admission, and as needed for update, a feeding plan shall be established for each infant (aged 6 weeks – 12 months) in consultation with the parent/guardian and based on the written recommendation of the child's pediatrician or family physician.

The following feeding plan has been recommended for this child:

Name of child: _____ Date of Birth: _____

Age: 0-3 4-6 7-9 10-12

Bottles

breast milk _____ ounces every ____ hours other _____

formula

Brand: _____

Sippy Cup

breast milk _____ ounces

formula

cold

warmed

remainder placed back in bottle

formula/breast milk if close to bottle time

water if not close to bottle time

water for all meals

Cereal

oatmeal

rice

other _____

_____ times a day

before bottle

after bottle

feeding 1

feeding 2

feeding 3

between feedings

feedings 1 & 2

feedings 2 & 3

feedings 3 & 4

other _____

Mix with:

water

formula

breast milk

other _____

Serve with:

half fruit

whole fruit

half vegetable

whole vegetable

other _____

Baby Food

fruits

meals

vegetables

before bottle

after bottle

between feedings

when table food refused

other _____

Table Food

breakfast

A.M. snack

lunch

P.M. snack

fruits

vegetables

soft entrées

whole plate

special menu

Parent Signature _____ Date _____

Physician Signature _____ Date _____

Infant Safe Formula Procedures

This process will provide for the safe preparation and transportation of your infant's formula by following the procedures below:

1. The bottles shall be sterilized. (See bottle sterilizing procedures)
2. The nipples must be covered.
3. The bottle shall be labeled with the child's name and date prepared.
4. The bottles must be brought to the child care center in a clean, insulated container that keeps that formula at forty-one (41) degrees Fahrenheit or below.
5. Staff shall return all unused bottles daily.
6. The parent shall provide one (1) unopened can of ready to feed or powdered formula and one (1) extra bottle to leave at the site.

(Division of Family and Children; 470 IAC 3-4.7 – 135)

Bottle sterilizing procedures

1. Prewash all items in hot detergent water or dishwasher.
2. Scrub bottles and nipples inside and out with bottle and nipple brush.
3. Squeeze water through the nipple hole during washing.
4. Rinse items well with clean, hot water.
5. Boil in clear water as follows:
 - a. Bottles for five (5) minutes.
 - b. Nipples, caps, collars, expanders, and tongs for three (3) minutes.

(Division of Family and Children; 470 IAC 3-4.7 -138)

Parent Agreement

I, _____ agree to provide properly prepared bottles of formula for my child
_____. I will take full responsibility for maintaining this formula at 41 degrees
or below during home storage and transport to the center.

Parent Signature

Date

Breast Milk Procedures

Breast milk is a very special product. Please provide a safe and excellent source of nutrition to your breastfed infants by following the procedures below:

1. The mother must supply sterilized bottles or disposable nurser bags.
2. The mother will store her milk in a bottle or bag and refrigerate or freeze the milk. The bottle or bag should contain no more than the amount of milk the child would drink at one feeding. The milk must be labeled with the child's name, amount and the date and time collected.
3. The bottles or disposable bags must be brought to the center in a clean insulated container which keeps the milk at 41 degrees or below.
4. Fresh, refrigerated breast milk must be used within 48 hours of the time expressed. Frozen milk may be stored in a refrigerator freezer for 2 months or stored in a deep freezer at 0 degrees for 6 months.
5. Frozen breast milk may be thawed as follows:
 - a. Frozen breast milk may be thawed under warm water, gently mixed, used within one hour or refrigerate immediately and used within three hours. Label the bottle with time and date thawed and method used for thawing ("warm water" or "heat thaw")
 - b. Frozen breast milk may be thawed in the refrigerator at 45 degrees or below. Label the bottle with the time and date moved to refrigerator and "cold thaw" method and use within twenty four hours. This method never warms the breast milk until ready to feed child.

NEVER HEAT BREAST MILK IN A MICROWAVE

Note: Once a bottle is fed to infant, the remainder must be discarded and cannot be returned to refrigerator.

Parent Agreement

I, _____ agree to provide my breast milk for my child _____ in sterilized bottles or sterile nurser bags. I will store my milk in the appropriate serving size for my child. I take full responsibility for maintaining this milk at 45 degrees or below during home storage and transport to the center.

Parent's Signature

Date