

INFANT FEEDING PLAN

POLICY: Each infant will have an individual service plan on file.
Infants less than 1 year of age will be fed either human milk or a commercial, iron-fortified, infant formula as their primary source of nutrition while in childcare.

PURPOSE: To ensure safe and nutritious feeding of all infants for optimal growth and development.
Improper or inadequate feeding during this vulnerable age can harm an infant's health and brain development.

PROCEDURE:

1. As part of the individual service plan, there shall be a feeding plan for each infant completed prior to the infant's first day at the center. The plan shall be developed together by the Director/designee and the parents/legal guardians.
2. The plan shall include the following items:
 - a. If applicable, instructions from the infant's health care provider relating to allergies, special diet, or feeding.
 - b. Feeding schedule.
 - c. Specify human milk, or specific brand of formula, or both.
 - d. Plan of action for if an exclusively breastfed infant runs out of breastmilk at the center.
 - e. Schedule for introduction of solid foods, new foods, and food consistency.
 - f. Food likes and dislikes.
 - g. Food allergies, intolerances, sensitivities, or family cultural, religious, or personal preference for avoidance of certain foods. Allergies versus preferences should be differentiated and **food allergies must have an emergency care plan and have emergency medication on-site (e.g., epi-pen).**
 - h. Schedule for introduction of cups and utensils.
 - i. The plan will be updated when the parent/legal guardian wishes to change from one formula brand to another, or from human milk to formula.

- j. The plan may be updated by the parent/legal guardian at any time.
3. Experts recommend beginning solid foods at 6 months old, once signs of developmental readiness are seen in the infant:
 - a. Sits up with good head and neck control.
 - b. Shows an interest in food. Reaches for food.
 - c. Opens mouth for a spoon.
 - d. Does not thrust their tongue out while eating solid foods.
 4. Infants will be bottle-fed human milk or formula **at least** every 4 hours or more frequently anytime they are showing hunger cues.
 5. Healthy infants should begin weaning from a bottle around 1 year old and move to drinking from a cup. The plan for transition should be discussed with the parents/legal guardians.
 6. The child care center shall provide only commercially prepared formulas or accept commercially prepared formulas from parents/legal guardians. Homemade formulas shall not be made by the center and shall not be accepted from parents/legal guardian.