



# New Mexico Breastfeeding Task Force

## Sample Child Care Center Infant Feeding Plan

The ABC Child Care Center strives to accommodate each child's needs and understands that every baby has a different pattern of eating. In most cases, we believe that feeding "on cue" is the healthiest way to eat. In other words, we will feed your infant when she shows signs of being hungry, and we will stop feeding when she shows signs of being full.

The American Academy of Pediatrics recommends waiting until about 6 months of age before starting solid foods. We only bottle feed infants less than 6 months with mother's milk or formula (no water or juice unless requested by a physician). Infants over 6 months are spoon-fed age-appropriate solid foods and given water, in addition to breastmilk or formula, when they are able to drink from a cup.

Parents are required to provide clean, labeled bottles daily. Labels should be water-resistant and include the infant's name and the date and time of preparation.

We want your input and preferences about the way your baby is fed. Please answer the questions on the back of the paper so that we can work together to provide your child with the safest, best nutrition.

**This infant feeding plan was created for:** (Child's name) \_\_\_\_\_

**Teacher's name and signature:** \_\_\_\_\_

**Parent's name and signature:** \_\_\_\_\_

**Date(s) this plan was created/revised:** \_\_\_\_\_





# New Mexico Breastfeeding Task Force

## Sample Child Care Center Infant Feeding Plan

1. What does your baby drink most of the time? _____	
2. Do you provide any other liquid as a supplement? If so, what?	CIRCLE: Yes   No If so, what and how much? _____
3. Does your baby currently receive any type of solid food?	CIRCLE: Yes   No If so, what and how much? _____
4. Please tell us your baby's usual pattern of eating - about how much and how often?	Amount: _____ Frequency: _____
5. Are there times when you plan to nurse your baby at the center? If so, describe and we will try to plan feeding times accordingly. _____	
6. If your child is receiving breastmilk, what do you wish for us to do if we run out of pumped milk? _____	
7. Are you aware of any food allergies or sensitivities that your baby has? _____	
8. Does your baby have any problems with feedings such as choking or spitting up?	CIRCLE: Yes   No If yes, please explain: _____
9. Is there any other information that we should know about your baby's eating habits? _____	
10. Would you like us to give your baby a full feeding before pick up?	CIRCLE: Yes   No Please explain: _____