

# Infant Feeding Plan

As your child's caregiver, an important part of my job is feeding your baby. The information you provide below will help me to do my very best to help your baby grow and thrive.

Child's name: \_\_\_\_\_ Birthday: \_\_\_\_\_  
mm/dd/yy

Parent/Guardian's name(s): \_\_\_\_\_

Did you receive a copy of our "Infant Feeding Guide?" Yes No

If you are breastfeeding, did you receive a copy of:

"Breastfeeding: Making It Work?" Yes No

"Breastfeeding and Child Care: What Moms Can Do?" Yes No:

## **TO BE COMPLETED BY PARENT**

At home, my baby drinks (check all that apply):

Mother's milk from (circle)  
Mother      Bottle   Cup      Other

Formula from (circle)  
Bottle   Cup      Other

Cow's milk from (circle)  
Bottle   Cup      Other

Other: \_\_\_\_\_ from (circle)  
Bottle   Cup      Other

How does your child show you that s/he is hungry?  
\_\_\_\_\_

## **TO BE COMPLETED BY TEACHER**

Clarifications/Additional Details:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

At home, is baby fed in response to the baby's cues that s/he is hungry, rather than on a schedule?  
Yes      No

### **IF NO,**

I made sure that parents have a copy of the "Infant Feeding Guide or "Breastfeeding: Making it Work"

I showed parents the section on reading baby's cues  
Is baby receiving solid food?  
Yes      No

Is baby under 6 months of age?  
Yes      No

### **IF YES to both,**

\_\_\_\_\_  
\_\_\_\_\_  
How often does your child usually feed?  
\_\_\_\_\_  
\_\_\_\_\_

How much milk/formula does your child usually drink in one feeding?  
\_\_\_\_\_  
\_\_\_\_\_

Has your child started eating solid foods?  
\_\_\_\_\_  
\_\_\_\_\_

If so, what foods is s/he eating?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How often does s/he eat solid food, and how much?  
\_\_\_\_\_

- I have asked: Did the child's health care provider recommend starting solids before six months?  
Yes    No

**IF NO,**

- I have shared the recommendation that solids are started at about six months.

Handouts shared with parents:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Child's Name: \_\_\_\_\_

Birthday: \_\_\_\_\_  
mm/dd/yy

Tell me about your baby's feedings at my Home.

I want my child to be fed the following foods while in your care:

	Frequency of feedings	Approximate amount per feeding	Will you bring from home? (must be labeled and dated)	Details about feeding
Mother's Milk				
Formula				
Cow's Milk				
Cereal				
Baby Food				
Table Food				
Other (describe)				

I plan to come to your Home to nurse/feed my baby at the following time(s) :

\_\_\_\_\_

My usual pick-up time will be: \_\_\_\_\_

If my baby is crying or seems hungry shortly before I am going to arrive, you should do the following (choose as many as apply):

hold my baby     use the teething toy I provided     use the pacifier I provided  
 rock my baby     give a bottle of milk     other\*

\*Specify \_\_\_\_\_

I would like you to take this action \_\_\_\_\_ minutes before my arrival time.

At the end of the day, please do the following (choose one):

Return all thawed and frozen milk/formula to me.

Discard all thawed and frozen milk/formula.

We have discussed the above plan and made any needed changes or clarifications.

Today's date: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

**Any changes must be noted below and initialed by both the teacher and the parent.**

Date	Change to Feeding Plan (must be recorded as feeding habit changes)	Parent Initials	Teacher Initials



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In Collaboration With : NC Department of Health and Human Services NC Child Care Health and Safety Resource Center  
NC Infant Toddler Enhancement Project Shape NC: Healthy Starts for Young Children

