

Infant Feeding Schedule



Childs Name: _____

Month: _____

Time	Meals	Notes
_____ am/pm	Formula / Breast Milk: _____ oz Other liquids: _____ Food: _____	
_____ am/pm	Formula / Breast Milk: _____ oz Other liquids: _____ Food: _____	
_____ am/pm	Formula / Breast Milk: _____ oz Other liquids: _____ Food: _____	
_____ am/pm	Formula / Breast Milk: _____ oz Other liquids: _____ Food: _____	

Name of Formula: _____ How to mix formula: _____

Allergies: _____

Parent Signature: _____

Infant Feeding Schedule



Childs Name: _____

Month: _____

Time	Meals	Do you want school lunches: yes / no	Notes
_____ am/pm	Formula / Breast Milk: _____ oz Food: _____	Other liquids: _____	
_____ am/pm	Formula / Breast Milk: _____ oz Food: _____	Other liquids: _____	
_____ am/pm	Formula / Breast Milk: _____ oz Food: _____	Other liquids: _____	
_____ am/pm	Formula / Breast Milk: _____ oz Food: _____	Other liquids: _____	

Name of Formula: _____ How to mix formula: _____

Allergies: _____

Parent Signature: _____

Stages of Infant Development and Feeding Skills (healthy, full-term)

Developmental milestones are used as markers to ensure that infants and toddlers are growing in a healthy direction. During early years, a child's relationship with food is crucial for his or her health and development. Learning the physical stages that relate to feeding is important to understanding this process.



BIRTH - 5 MONTHS	4 - 6 MONTHS	5 - 9 MONTHS	8 - 11 MONTHS	10 - 12 MONTHS
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- Reflexes:**
- Suck/swallow
 - Tongue thrust
 - Rooting
 - Gag

Requires head, neck and trunk support

Brings hands to mouth around 3 months.

Coordinates suck-swallow-breathe while feeding.

Moves tongue back and fourth to suck.

Hunger cues:

- Wakes and tosses
- Sucks on fist
- Fusses or cries

Satiety cues:

- Seals lips together
- Turns head away
- Decreases or stops sucking
- Falls asleep or spits nipple out



Gag and tongue thrust reflex starts to disappear.

Up and down munching movement.

Uses tongue to transfer food from front to back to swallow.

Recognizes spoon and opens mouth.

Draws in upper and lower lip as spoon is removed from mouth.

Good head control and can sit with support.

Introduction to pureed and strained foods without choking.

Hunger cues:

- Fusses or cries
- Smiles or coos during feeding
- Moves head toward spoon

Satiety cues:

- Turns head away
- Decreases or stops sucking
- Spits nipple out
- Distraction of surrounding

Begins control of food positioning in mouth.

May sit without support.

Follows food with eyes.

Begins introduction to solid foods (6 months).

Drinks small amounts from cup with help.

Begins to feed self.

Transfers food from one hand to another.

Tries to grasp foods such as crackers and teething biscuits.

Hunger cues:

- Reaches for spoon or food
- Points to food

Satiety cues:

- Eating slows down
- Pushes food away or clenches mouth closed



Moves food side to side in mouth.

Begins to use jaw and tongue to mash and chew food in rotating patterns.

Begins to curve lips around rim of cup.

Sits alone without support.

Begins to use fingers to pick up objects (pincer grasp.)

Can put food in mouth with hands and feed self finger foods.

Begins to eat ground or finely chopped food and small pieces of soft food.

Hunger cues:

- Reaches for food
- Points to food
- Gets excited about food

Satiety cues:

- Eating slows down
- Pushes food away

Rotary chewing. Feeds self easily with fingers.

Begins to feed self with spoon.

Dips food with spoon rather than scoop.

Begins to hold cup with two hands.

Drinks from straw.

Good hand-eye-mouth coordination.

Begins eating chopped food and small pieces of table food.

Bites through a variety of textured food.

Hunger cues:

- Uses words or sounds for specific foods.

Satiety cues:

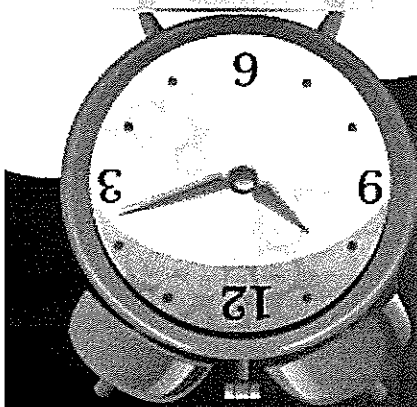
- Shakes head and says, "no."



Within the first few days of life, an infant has to first learn the coordination of sucking, breathing and swallowing.

Next there is learning tongue control and movement that will eventually lead to chewing. With the introduction of complementary foods at around six months, infants learn how to open their mouths in response to food, start learning how to bite soft foods, and how to hold and bring it to their mouths. Every movement from bringing food to mouth, opening mouth, biting, moving tongue to chew food and then swallowing are all learned skills.

Suggested Sleep Guidelines



Baby sleep guidelines

SHEKNOWS AUSTRALIA

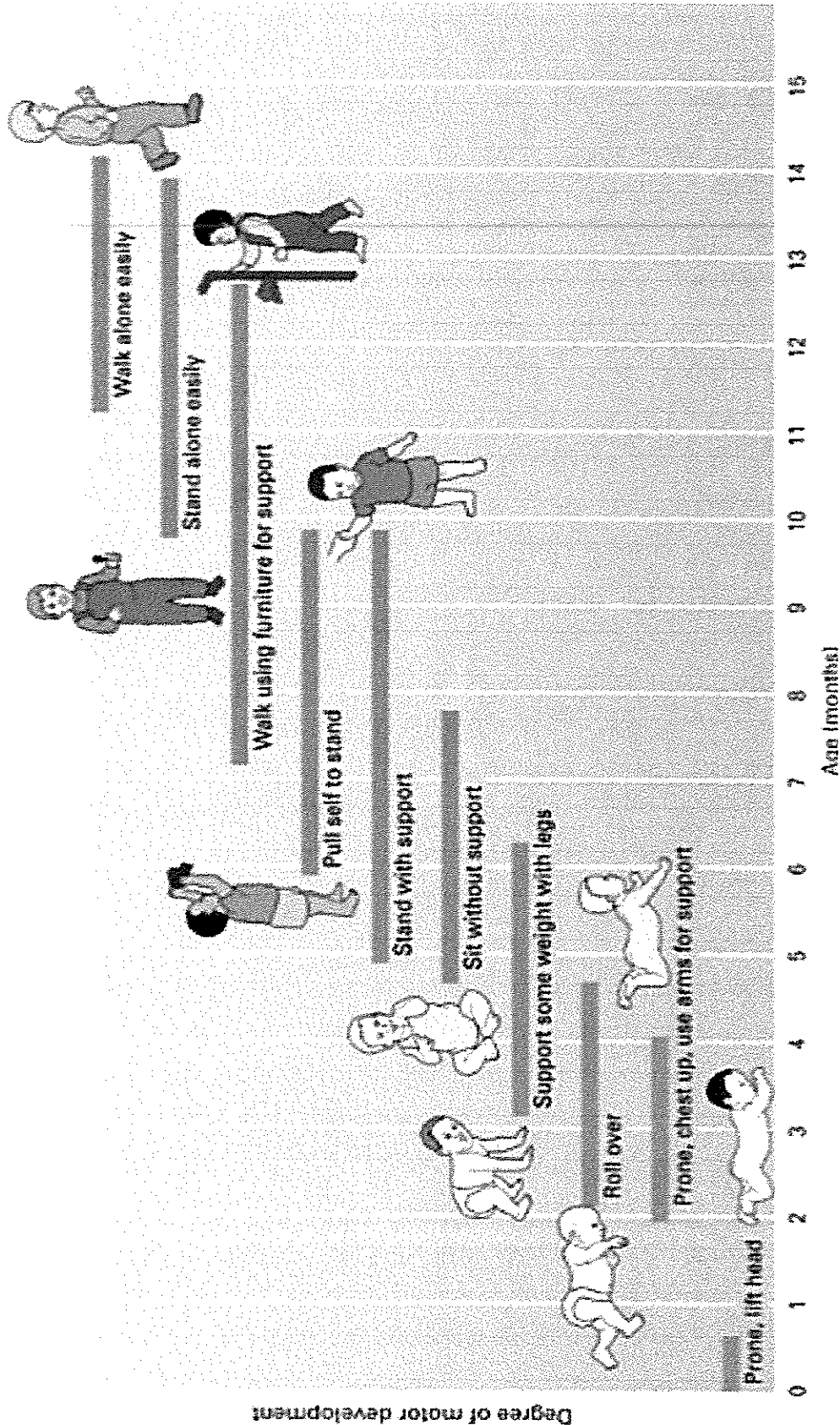
AGE	AWAKE TIME BETWEEN NAPS	LENGTH OF NAP	NUMBER OF NAPS PER DAY
1 month	45-60 minutes	45 minutes - 3 hours	3 - 5
2-3 months	60 minutes	1 - 3 hours	3 - 4
3-6 months	1.5 - 2 hours	1.5 - 2.5 hours	3 - 4
6-9 months	2 - 3 hours	45 minutes - 2 hours	2 - 3
9-12 months	3 - 4 hours	45 minutes - 2 hours	2
1-2 years	4 - 5 hours	1.5 - 2.5 hours	1 - 2
2-4 years	5 - 7 hours	1 - 2 hours	1

Developmental Milestones

Age (Months)	Gross Motor	Fine Motor	Language	Social/Cognitive
1 Month	<ul style="list-style-type: none"> Attempts to hold head up when prone Lifts head when lying on tummy 	<ul style="list-style-type: none"> Maintains fist ed hands 	<ul style="list-style-type: none"> Produces different cries for different purposes (hunger, upset, etc) Responds to sound 	<ul style="list-style-type: none"> Gazes on parent's face when parent speaks
2-3 Months	<ul style="list-style-type: none"> Gains head control when held Holds head up for short periods while on tummy 	<ul style="list-style-type: none"> Holds rattle when placed in hand 	<ul style="list-style-type: none"> Makes gurgling and cooing sound May start to giggle Exhibits social smile in response to familiar faces 	<ul style="list-style-type: none"> Smiles in response to smiling and talking Follows items with eyes
4-5 Months	<ul style="list-style-type: none"> Rolls front to back, then back to front Sits with support Plays with hands and feet Starts bearing weight on legs 	<ul style="list-style-type: none"> Holds objects with palmar grasp Puts things in mouth 	<ul style="list-style-type: none"> Laughs Makes consonant sounds Coo when you talk to them Blows raspberries Reacts to different tones of voice Watches toys that make noise 	<ul style="list-style-type: none"> Can be calmed by parents voice
6-9 Months	<ul style="list-style-type: none"> Sits without help Begins to crawl May stand to a stand 	<ul style="list-style-type: none"> Moves objects between hands 	<ul style="list-style-type: none"> Babbles and imitates sounds Begins to say "dada" or "mama" May produce more varied sounds such as b,p,m,n,d,w,y within babbling and vocal play Recognizes own name when spoken to Enjoys social play (peek-a-boo) May begin to use gestures 	<ul style="list-style-type: none"> Recognizes familiar faces May have stranger anxiety At 9 months knows object exists even if invisible to them
10-12 Months	<ul style="list-style-type: none"> May walk with assistance Can take a few independent steps 	<ul style="list-style-type: none"> Uses 2-finger pincer grasp Hits 2 objects together 	<ul style="list-style-type: none"> Say 3-5 words Non verbal gestures, waves Begins to respond to simple requests Searches for common objects or family members when named Begins to use more adult like intonation so babbling and social play may sound like a question or exclamation 	<ul style="list-style-type: none"> Separation anxiety Searches for hidden objects

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Milestones in Gross Motor Development



Suggested Feeding Chart How Much Should You Feed Your Infant

Age	Breast Milk/ Formula	Grains	Fruit & Vegetable	Yogurt, Meat & Poultry	Tips
0-1 Month	3-4 oz per bottles	none	none	none	Some babies will eat every 2 hours, some will stretch feeding times. It is best to feed on demand
1-4 Months	6-7 oz per bottles	none	none	none	Look for hunger cues. Feeding is easier if you feed the baby before hunger sets in.
4-6 Months	7-8 oz per bottles	Rice cereal 1-2 tsp mixed with breast milk/formula Once a day	Start with pureed vegetables working up to 4 oz, each serving. Only introduce 1 food at a time watch for allergy .	none	When your baby is able to hold their head up straight they are probably ready to start table food.
6-9 Months	7-8 oz per bottles	Rice cereal 3-4 tsp At 8 months introduce foods and vegetables with pureed fruit juice. Continue yogurt can be introduced. At 8 months you can start finely milled poultry and meat.	May want to try juice. Continue yogurt can be introduced. At 8 months you can start finely milled poultry and meat. combined for new flavors and textures	At 7 months yogurt can be introduced. At 8 months you can start finely milled poultry and meat.	Your baby can chew with up and down motions and can move food around in their mouths. Your baby will also be able to pick food up with fingers or palms and put food in their own mouths
9-12 Months	7 oz per bottles	Rice Cereal 3-4 tsp until 10 months Try finger foods and work up to table foods	Usually 2 serving per day switch to more table foods that are easy to chew and can be picked up with pincer grasps	Usually one serving of yogurt Usually one serving of meat or poultry	You will start to see babies using a pincer grip (finger and thumb) to pick up small objects. As coordination improves try using a fork or spoon.