



BunnyBears Infant Toddler
8314 Parkway Drive
La Mesa, CA 91942
(619) 439-7140

BunnyBears Infant Toddler Personal Care Plan

Personal Care Plan to be updated quarterly

Today's Date:

Enrollment Date:

Child's Name:

Date of Birth:

Parent(s) Names(s):

Primary Caregiver:

Bottle / Cup Routine

Preferred Type:

Bottle

Cup

Formula Brand / Type:

Amount and Time of day to be given:

Juice Brand / Type:

Amount and Time of day to be given:

Milk Brand / Type (Breast Milk):

Amount and Time of day to be given:

Additional Notes:

Eating Routine *

Type of Solid Food Child Eats:

Amount and Time of day to be given:

Preferred eating method (Spoon, Fork, Fingerfeeds)

Known Allergies:

Food dislikes or Eating problems:

Food likes and eating preferences:

Special diet / Requests:

Additional Notes:

Sleeping Routine

Pre-nap routines / rituals:

How many naps per day (typically):

1st Nap Time (00:00am/pm - 00:00am/pm)

Length of nap:

2nd Nap Time (00:00am/pm - 00:00am/pm)

Length of nap:

3rd Nap Time (00:00am/pm - 00:00am/pm)

Length of nap:

4th Nap Time (00:00am/pm - 00:00am/pm)

Length of nap:

Position child prefers to sleep: **

Snuggly toys (if any) for sleeping: ***

Waking up routine

Additional Notes:

Comforting / Distress

Position child prefers to be held:

Security object (if any):

Pacifier: If Yes, when should it be given:

Yes

No

Additional Notes:

Diapering / Toileting Routine

Type of diaper: Brand of diaper:

Disposable

Cloth

Ointment / Lotion / Powder preferences: ****

Potty training initiated: If Yes, description of process at home:

Yes

No

Additional Notes:

Other Information

Sunscreen use If Yes, Enter your name below authorizing use at school

Yes

No

Additional services which are different from those provided by the center's routine program, (i.e., special exercises, equipment, materials, or accommodation of special services personnel)

This Personal Care Plan will be updated every 3 months or sooner if requested by a parent/guardian. Please initial if no changes to the plan:

| Date of update | Parent/Guardian Initials | Teacher's Initials |
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* Introduction of infant cereal is recommended at 4-6 months; vegetables, fruits, and their juices at 6-8 months; protein such as cheese, yogurt, cooked beans, meat, fish, and chicken at 8-12 months, and milk at 12 months. The use of a cup and spoon are typically recommended at about 8-10 months. Small bits of soft table food for fingerfeeding can be introduced at 8-12 months.

** Note: BunnyBears Infant Toddler Center teachers place infants to sleep on their backs unless a waiver has been signed.

*** Following recommendations of the American Academy of Pediatrics, the Consumer Product Safety Commission, and the National Institute of Child Health and Human Development, soft items such as bumpers and quilts are eliminated from cribs and the use of heavyweight sleepers instead of blankets is recommended.

**** If diaper ointment or lotions are needed, a medication permission form must be signed.