

Wee Care Preschool & Daycare Inc.

603 Route 8 LEHT NJ 08087

(609)296-2606

Feeding plan

| <u>Feeding</u> | <u>Time</u> | <u>Foods to be given</u> | <u>Amount</u> | <u>Helpful Hints</u> |
|----------------|-------------|--------------------------|---------------|---|
| Breakfast | | | | <p>Typically babies are ready to start eating around 4-6 months. Your baby will still drink the majority of their calories. Mealtime is more about getting used to the act of eating, learning the tastes and textures of food, and establishing a meal time schedule. Formula / Breastmilk will be providing the bulk of their nutrition at this stage.</p> <p>Most Common Recommended First Foods are: Oatmeal, rice, or barley cereal Many families establish a feeding schedule with these before trying new foods.</p> |
| A.M. Snack | | | | <p>7-8 months puffs (easily melt) 9-12 months cheerios/berries/steamed peas/ any soft or steamed fruit/vegetable (at this stage it's more about experience and fine motor skills)</p> |
| Lunch | | | | <p>When this meal is started parents usually use oatmeal, rice, or barley cereal. Once this meal is established it is recommended to start trying new food.</p> |
| P.M. Snack | | | | <p>7-8 months puffs (easily melt) 9-12 months cheerios/berries/steamed peas/ any soft or steamed fruit/vegetable (at this stage it's more about experience and fine motor skills)</p> |
| Dinner | | | | <p>Dinner is to be enjoyed at home</p> |
| Juice | | | | <p>Juice is not recommended. If you choose to use juice please dilute by 50 percent to avoid added sugar. Fruit juice is not to replace a serving of fruit or vegetables It is recommended to start using a sippy cup at 7-8 months. Water or water with fresh fruit for flavoring is a great way for a child to experience the next milestone. Hydration and calories will still come from formula/breastmilk bottles.</p> |
| Formula/Milk | | | | <p>0- 12 months -Recommendation is formula/ breast milk 12 months and beyond - regular milk or milk alternative (coconut, soy)</p> |

- My child's feeding schedule changes daily. I will report my child's feeding schedule to the teacher every morning.

Comments (introduction to new foods, foods being withheld at this time, allergies, ect.)

Signature

Date