

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				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. Most Common Recommended First Foods are: Oatmeal, rice, or barley cereal Many families establish a feeding schedule with these before trying new foods.
A.M. Snack				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)
Lunch				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.M. Snack				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)
Dinner				Dinner is to be enjoyed at home
Juice				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.
Formula/Milk				0- 12 months -Recommendation is formula/ breast milk 12 months and beyond - regular milk or milk alternative (coconut, soy)

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