

Childs Name : _____

Feeding plan

Feeding <i>Times listed below to work towards a class schedule when age appropriate</i>	<u>Time</u>	<u>Foods to be given</u>	<u>Amt</u>	<u>Helpful Hints</u>
Breakfast *If enjoying at school anytime between 6am-8:45am				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. This is an important fine motor skill , sensory experience and most importantly starts to build self esteem w/ a fine reward. Formula / Breastmilk will be providing the bulk of their nutrition at this stage.
A.M. Snack *9:30/10am				6-12 months often begins w/ teether crackers or fun foods in mesh feeder. Next -puffs /cheerios / berries / steamed peas / any soft or steamed fruit / vegetable (at this stage it's more about experience and fine motor skills)
Lunch *11:30/12:30pm				When this meal is started parents usually use oatmeal, rice, or barley cereal, yogurts, homemade or jarred foods. Some families do begin w/ whole foods as well. Once this meal is established it is recommended to start trying new food.
P.M. Snack *3/3:30pm				6-12 months often begins w/ teether crackers or fun foods in mesh feeder. Next -puffs /cheerios / berries / steamed peas / any soft or steamed fruit / vegetable (at this stage it's more about experience and fine motor skills)
Dinner @ home				Dinner is to be enjoyed at home
Water/Juice * Bottle * Cup - *milestones				Juice is not recommended. If you choose to use juice please dilute by 50 percent to avoid added sugar. Fruit juice is <u>not</u> to replace a serving of fruit or vegetables It is recommended to start using a sippy cup at 4-6 mo. 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. This begins as exploration, self esteem building and experience NOT replacing nutritional items * Water cup labeled w/ <u>name only</u>
Formula/Milk * Bottle * Cup				0- 12 months -Recommandation is formula / breast milk 12 months and beyond - regular milk or milk alternative * Bottles must be labeled w/ <u>name & date</u> per state

* The above are times and milestones we work towards in our daily classroom routine. We recognize these are not age appropriate for every child until they have reached the proper age. We include this schedule as a teaching tool for families and as goals to work towards as your child is ready for new experiences..

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

Comments can be added on the back (introduction to new foods, foods being withheld at this time, allergies, ect.)

Signature

Date

****Please note : We will routinely ask for written updates as your child grows even if verbal info given****