

Infant Feeding Plans

Child Care Learning Centers: 591-1-1-.15(2) – A signed written feeding plan for children less than one (1) year of age shall be obtained from parents. Instructions from the parent shall be updated regularly as new foods are added or other dietary changes are made. The feeding plan shall be posted in the child's assigned room and must include the child's feeding schedule, the amount of formula or breast milk to be given, instructions for the introduction of solid foods, the amount of food to be given and notation of any type(s) of commercially premixed formula which may not be used in an emergency because of food allergies.

Group Day Care Homes: 290-2-1-.14(a)(1-2) – A written feeding plan for children less than one (1) year of age shall be obtained from parents: Instructions from the parents shall be updated regularly as new foods are added or other dietary changes are made; and The parent shall sign the feeding plan. **290-2-1-.14(b)(1-5)** – The feeding plan shall be posted in the child's assigned room and shall include:

- The child's feeding schedule;
- The amount of formula or breast milk to be given;
- Instructions for the introduction of solid foods;
- The amount of food to be given; and
- Notation of any type(s) of commercial premixed formula which may not be used in an emergency because of food allergies.

Family Day Care Homes: 290-2-3-.10(4) – The provider shall secure from the parents infant formula and a feeding plan for children under 1 year of age.

Rule Type: Non-Core Rule

Intent of the Rule

To ensure that child care program staff who care for children less than one (1) year of age know individual infants' nutrition requirements as determined by written instructions from the parent(s).

Clarification

Infants in child care programs have individual feeding needs. Child care program staff are responsible for feeding infants appropriately based on the regular feeding routines parents have developed in consultation with their child's medical provider.

Indicators

- ✓ Upon enrolling an infant in care, the program must obtain a written infant feeding plan of any special nutrition or feeding needs that the infant has. These plans must be updated regularly as new foods are added or other dietary changes are made.
 - Organizational TIP: Consider including an infant feeding plan form in the enrollment packet to ensure parents complete the form before admission.

- Recommendation: At the beginning of each month have child care program staff review the infant feeding plan with the parent(s) to ensure that any changes have been updated and documented on the form.
- Note: Parents are not required to complete a new infant feeding plan each time there is a change in the infant's eating habits. The parents can update the existing form with the new information.
- ✓ Infant feeding plans must be posted (i.e., kept in a notebook, on a clipboard, on the wall, above the crib, etc.) in the child's assigned room.
 - Note: In a Family Day Care Home, the infant feeding plans are not required to be posted; however, they should be easily accessible. It is acceptable for these plans to be stored with children's records.
- ✓ Infant feeding plans must contain the times the infant should be fed, the amounts of formula and/or food to be given, and any known allergies to food or formula.
 - Note: Times should be specific (i.e., 10:00 AM, 12:00 PM, etc.) and not general (i.e., every four hours, every six hours, etc.).
 - TIP: Ask a designated staff person to review infant feeding plans when completed by parents to ensure that the forms are not missing any required information.

Resources:

Bright from the Start: Georgia Department of Early Care and Learning Infant Feeding Plan Form
<http://www.decal.ga.gov/documents/attachments/InfantFeedingPlan-CCS.pdf>

Caring for Our Children
<http://cfoc.nrckids.org/StandardView/4>

United States Department of Agriculture – Infant Nutrition
<https://fnic.nal.usda.gov/lifecycle-nutrition/infant-nutrition>