

# Infant Feeding Plan



Breastfeeding-Friendly  
CHILD CARE

An Initiative of the Carolina Global Breastfeeding

As your child's caregivers, an important part of our job is feeding your baby. The information you provide below will help us do our very best to help your baby grow and thrive. **This form must be filled out for all children under 15 months old.**

Child's name: \_\_\_\_\_

Birthday: \_\_\_\_\_  
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Parent/Guardian's name(s): \_\_\_\_\_

Did you receive a copy of our "Infant Feeding Guide?" Yes No

If you are breastfeeding, did you receive a copy of:  
"Breastfeeding: Making It Work?" Yes No

"Breastfeeding and Child Care: What Moms Can Do?" Yes No

## TO BE COMPLETED BY PARENT:

At home, my baby drinks (check all that apply):

- Mother's milk from (circle)  
mother    bottle    cup    other
- Formula from (circle)  
bottle    cup    other
- Cow's milk from (circle)  
bottle    cup    other
- Other: \_\_\_\_\_ from (circle)  
bottle    cup    other

How does your child show you that s/he is hungry?

How often does your child usually feed?

How much milk/formula does your child usually drink in one feeding?

Has your child started eating solid foods?

If so, what foods is s/he eating?

How often does s/he eat solid food, and how much?

## TO BE COMPLETED BY TEACHER:

Clarifications/Additional Details:

At home, is baby fed in response to the baby's cues that s/he is hungry, rather than on a schedule? Yes No

### If NO.

- I made sure parents have a copy of the "Infant Feeding Guide" or "Breastfeeding: Making it Work"
- I showed parents the section on reading baby's cues

Is baby receiving solid food? Yes No

Is baby under 6 months of age? Yes No

### If YES to both.

- I have asked: Did the child's health care provider recommend starting solids before six months?  
Yes No

### If NO.

- I have shared the recommendation that solids are started at about six months.

Handouts shared with parents:

Child's name: \_\_\_\_\_

Birthday: \_\_\_\_\_  
m m / d d / y y y y

Tell us about your baby's feedings at our center:

I want my child to be fed the following foods while in your care:

	Frequency of feedings	Approximate amount per feeding	Will you bring from home? (must be labeled and dated)	Details about feeding
Mother's Milk				
Formula				
Cow's milk				
Cereal				
Baby Food				
Table Food				
Other (describe)				

I plan to come to the center to nurse my baby at the following time(s): \_\_\_\_\_

My usual pick-up time will be: \_\_\_\_\_

**We have discussed the above plan, and made any needed changes or clarifications.**

Today's date: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_ Parent Signature \_\_\_\_\_

**Any changes must be noted below and initialed by both the teacher and the parent.**

Date	Change to Feeding Plan (must be recorded as feeding habits change)	Parent Initials	Teacher Initials



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