

# Childcarealive!

## Sample Child Care Policies Infants

### Nutrition

#### Sample Policy Statements:

##### Food Quality:

- Our program follows the national standards set forth by the Child and Adult Care Food Program (CACFP) when feeding infants. We provide quality pureed baby foods to children that will not contain any added sugars or salt (*may add brand of baby food here*).
- To infants who are not breast feeding or consuming breast milk, iron-fortified infant formula will be provided (*may add brand name of formula here*).
- *Optional:* A different infant formula may be purchased and fed to infant upon parent request.
- A new food will not be introduced to an infant before parent first introduces it at home.
- Fruit juice of any kind is not offered to infants <12 months of age.

##### Infant Feeding Practices:

- Infants will be fed on a flexible schedule (on-demand, or when infants show signs of hunger), and feedings will end when infants show signs of fullness.

##### Infant Feeding Plan:

- All parents of infants will be asked to complete an infant feeding plan including the following items:
  - Infant's food intolerances, allergies, or preferences
  - Instructions for introducing solid foods and new foods to the infant while in child care
  - Permission for provider to feed the infant on a flexible schedule, when he/she shows hunger
  - Instructions for feeding infants whose mothers wish to breastfeed or provide EBM
- All parents will receive a verbal and/or written report upon pick-up detailing their child's feeding and diapering for the day.

##### Professional Development/Parent Education

- I receive training on infant feeding and/or child nutrition on a yearly (or regular) basis.
- Educational materials for parents regarding infant feeding will be available upon request.

#### Sample Policy Paragraphs (combines several statements):

Our child care program provides quality pureed baby foods to children that will not contain any added sugars or salt. Iron-fortified infant formula will be provided to infants who are not breast fed or being provided expressed breast milk. Infants will be fed primarily on a flexible schedule, or when an infant begins to show signs of hunger. Feedings will end when an infant shows signs of fullness.

So the child care provider will know specifically how to feed each child, all parents of infants will be asked to complete an infant feeding plan, which will include preferences/allergies, specific instructions for introducing solid foods and providing breast milk (if applicable), and permission to feed infants on a flexible schedule. Parents will receive a verbal and written report upon pick-up for their child's feeding and diapering for that day.

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## Infant Feeding/Breastfeeding

### Sample Policy Statements:

#### **Providing Space for Breastfeeding:**

- All breastfeeding mothers will be provided a place to breastfeed or express their milk, if desired.
- Breastfeeding mothers will be provided a private and sanitary place to breastfeed their babies or express their milk, with an electrical outlet and comfortable chair.

#### **Storing and Handling Expressed Breast Milk:**

- Refrigerator space will be made available to store expressed milk (then describe where this place is in your program)
- I (or teachers, staff, etc) will be (or are) trained on the handling of human milk, and will follow guidelines from the American Academy of Pediatrics and Centers for Disease Control in ensuring that breast milk is properly treated.

#### **Breastfeeding Promotion:**

- Educational materials for breastfeeding will be provided to families upon request.
- Breastfeeding promotion material will be displayed, including posters, books, and brochures.

### **Sample Policy Paragraphs (combines several statements):**

Breastfeeding mothers will be supported and encouraged to continue breastfeeding when their infants enter my care. Breastfeeding mothers will be provided a private and sanitary place to breastfeed their babies or express their milk, with an electrical outlet and comfortable chair. In addition, refrigerator space will be made available to store expressed milk. I (or all teachers) are trained on the handling of human milk, and will follow guidelines from the American Academy of Pediatrics and Centers for Disease Control in ensuring that breast milk is properly handled and treated.

### **If breastfeeding support materials are utilized:**

Breastfeeding education materials are available to families upon request, including brochures and names of area resources. In addition, a few tactful breastfeeding promotion materials will be displayed in the program, including posters, books, and/or brochures.