

Appendix H: Infant Feeding Plan

Infant feeding plans are developed at the request of parents or when foods from home are provided for children. The following is a list of questions that may be used when developing an infant feeding plan:

- What types of food does the child currently consume?
- How have solid foods been introduced to the child?
- What textures have been successfully introduced?
- What are the child's food preferences?
- What are the child's self-feeding abilities?
- What is mealtime like in the home?
- Does the child gag or vomit during mealtime? If so, how frequently and what are the circumstances?
- Are there any dietary considerations or special requests?
- Does the child have any identified allergies, food intolerances, or any suspected concerns?
- Which foods at higher risk for allergic reactions have been introduced at home? When was each one introduced?
- What are the child's feeding times/routines?
- Are there any foods that the parents wish to wait to introduce?
- What is the plan for updating and making changes to a feeding plan?
- To what extent will the child care program be involved in introducing new solids/textures?
- If the child consumes formula, what is the plan for formula supply?
- What is the plan for breast milk supply (e.g., liquid or frozen)?
- How should the child care program respond in the event that breast milk is unavailable (i.e., runs out)?
- May the child eat modified items from menu?
- Are there any food requests based on medical issues?
- Will the child consume food from home as well as from the centre? If so, how should the child care program respond in the event that foods and beverages brought from home are unavailable (i.e., run out)?

These questions may be helpful when developing an infant feeding plan. Infant feeding plans are especially beneficial to ensure there is ongoing communication between the child care program and the family.

Feeding plans may be created for infants upon enrolment in a regulated child care program at the request of parents or when the parent requests that foods be supplied from home.

This will enable ongoing communication between the infant's parent/guardian and the care provider or the child care staff, including the cook, and can be used in conjunction with the infant daily record. For other instances when deviating from the standard menu and practice will benefit a child, See the diverse feeding plan (below).

Infant Feeding Plan Template

Name of child: _____		
Date of birth: _____ Age at time of enrolment: _____		
Schedule for review of the infant feeding plan :		
<p><i>Note: There should be regular review of this plan. If there is a developmental service plan, a routine-based plan, or behavioural support plan in place, conduct the reviews for both/all plans at the same time.</i></p>		
Does your child currently consume <input type="checkbox"/> breastmilk* <input type="checkbox"/> formula <input type="checkbox"/> solid foods** Solid foods that have been introduced:	Feeding method: <input type="checkbox"/> breastfed <input type="checkbox"/> bottle <input type="checkbox"/> spoon <input type="checkbox"/> cup Feeding abilities:	Special instructions

* Regulated child care programs welcome parents to breastfeed anywhere in the facility or home. Ongoing communication between centre staff and the parent/guardian will occur to make sure there is an adequate supply of your breastmilk or formula for your child at the centre. No other form of nutrition will be provided unless instructed by the parent/guardian.

** It is important that infants receive nutrient-dense, iron-containing foods at six months of age. These may include foods from the meat and alternative group, including meats, fish, poultry, cooked egg yolks, tofu, and well-cooked legumes.