



**SUPPLEMENTAL HEALTH CARE PROGRAM FOR CHILD CARE
CENTERS PROVIDING INFANT-TODDLER CARE
SUGGESTED FEEDING PLAN**

State Form 49963 (R3 / 2-15)

FSSA - MS02
402 WEST WASHINGTON STREET, RM W361
INDIANAPOLIS, IN 46204

INSTRUCTIONS:

Prior to admission, a feeding plan shall be established and written for each infant (age six (6) weeks to twelve (12) months) in consultation with the parents and based on the written recommendation of the child's medical provider. Feeding plans must be continually updated by the child's medical provider or parent. [470 IAC 3-4.7 (b)]

The following feeding plan has been recommended for this child.

| | |
|---------------|----------------------------------|
| Name of child | Date of birth (month, day, year) |
|---------------|----------------------------------|

| Age in Months | Time to Feed | Formula / Food Item and Amount | Special Instructions | Signature and Date of Parent or Medical Provider |
|---------------|--------------|--------------------------------|----------------------|--|
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|-------------------------|--------------------------------|
| Signature of MD, DO, NP | Date signed (month, day, year) |
|-------------------------|--------------------------------|

FEEDING PLAN GUIDELINES

INSTRUCTIONS: This is a guideline. Each child will grow at a different rate.

1. Formula and juice may be offered in a training cup when a child is ready.
2. Formula is used until twelve (12) months unless otherwise stated by a physician.
3. Only plain, strained, mashed or chopped vegetables, fruits and meats are offered.
4. Most children are ready for foods of coarser consistency between nine (9) to ten (10) months of age. Mashed or chopped table foods may be used.
5. Strained or mashed foods may be introduced at six (6) months if the infant's neuromuscular system has developed appropriately. Indications for solid foods are: the ability to swallow non-liquid foods, to sit with support, head and neck control, and to show that the child is able to decline food by leaning back or turning away.
6. Finger foods may be offered between nine (9) to twelve (12) months when infant is developing finger / hand coordination.
7. The serving of juice to children under twelve (12) months of age is discouraged.

| 2 MONTHS - 5 MONTHS | | | | |
|---------------------|---------------------|-----------|-----------|-----------|
| TIME INTERVAL | AMOUNT EACH FEEDING | | | |
| | Month 2 | Month 3 | Month 4 | Month 5 |
| 6:00 a.m. | 4 - 6 oz. | 4 - 7 oz. | 5 - 7 oz. | 5 - 8 oz. |
| 10:00 a.m. | 4 - 6 oz. | 4 - 7 oz. | 5 - 7 oz. | 5 - 8 oz. |
| 2:00 p.m. | 4 - 6 oz. | 4 - 7 oz. | 5 - 7 oz. | 5 - 8 oz. |
| 6:00 p.m. | 4 - 6 oz. | 4 - 7 oz. | 5 - 7 oz. | 5 - 8 oz. |
| 10:00 p.m. | 4 - 6 oz. | 4 - 7 oz. | 5 - 7 oz. | 5 - 8 oz. |
| 2:00 a.m. | 4 - 6 oz. | 4 - 7 oz. | 5 - 7 oz. | 5 - 8 oz. |

| 6 MONTHS - 12 MONTHS | | | | | |
|--------------------------------------|--|--|---|---|---|
| | Month 6 | Month 7 | Month 8 | Month 9 | Months 10, 11, and 12 |
| Total Amount of Formula Per 24 Hours | 30 - 48 oz. | 30 - 32 oz. | 29 - 31 oz. | 26 - 31 oz. | 24 - 32 oz. |
| 7:00 a.m. | 5 - 8 oz. formula 2 - 3T baby cereal * | 6 oz. formula 2 - 3T baby cereal * | 7 - 8 oz. formula 3 - 5T baby cereal * | 7 - 8 oz. formula ** 4 - 6T baby cereal * 2 - 4T fruit | 6 - 8 oz. formula ** (1 cup) 1/4 - 1/2 baby cereal * 2 - 4T fruit |
| 9:00 a.m. | 5 - 8 oz. formula | 6 oz. formula | 1/2 cup Vitamin C fortified fruit or juice 1/4 dry toast or 1 cracker | 1/2 cup Vitamin C fortified fruit or juice 1/2 dry toast or 2 crackers | 1/2 cup Vitamin C fortified fruit or juice 1/2 dry toast or 2 crackers |
| 12:00 Noon | 5 - 8 oz. formula 1/2 dry toast or 2 crackers | 6 oz. formula 2 - 3T strained vegetable | 7 - 8 oz. formula 5 - 9T vegetable 2 - 4T fruit | 7 - 8 oz. formula ** 1 - 2T meat 5 - 9T vegetable 2 - 4T fruit | 6 - 8 oz. formula ** (1 cup) 2T meat 2 - 6T potato, rice, noodles 5 - 9T vegetable 4 - 6T fruit |
| 3:00 p.m. | 5 - 8 oz. formula | 6 oz. formula 1/2 dry toast or 2 crackers | 7 - 8 oz. formula 1/2 dry toast or 2 crackers | 7 - 8 oz. formula ** 1/2 dry toast or 2 crackers | 6 - 8 oz. formula ** (1 cup) 1/2 dry toast or 2 crackers |
| 6:00 p.m. | 5 - 8 oz. formula 2 - 3T baby cereal * | 6 oz. formula 2 - 3T strained fruit 2 - 3T baby cereal * | 7 - 8 oz. formula 5 - 9T vegetable 2 - 4T fruit 2 - 5T baby cereal * | 7 - 8 oz. formula ** 5 - 9T vegetable 2 - 4T fruit 1T meat 4T baby cereal * | 6 - 8 oz. formula ** (1 cup) 2T meat 2 - 6T potato, rice, noodles 2 - 4T vegetable 2 - 4T fruit |
| 9:00 p.m. | 5 - 8 oz. formula | May start sleeping through the night. | | | |

* If dry cereal is used, mix cereal and formula in a bowl. Feed with a spoon.

** Formula may be offered in a training cup.