



**SUPPLEMENTAL HEALTH CARE PROGRAM FOR CHILD CARE
CENTERS PROVIDING INFANT-TODDLER CARE
SUGGESTED FEEDING PLAN**
State Form 49963 (R2 / 11-11)

**BUREAU OF CHILD CARE
DIVISION OF FAMILY RESOURCES**

INSTRUCTIONS:
Prior to admission, a feeding plan shall be established and written for each infant (age 6 weeks - 12 months) in consultation with the parents and based on the written recommendation of the child's pediatrician or family physician. Feeding plans must be continually updated by physician 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)
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Age in Months	Time to Feed	Formula / Food Item and Amount	Special Instructions	Signature and Date of Parent or Physician

Signature of physician / nurse practitioner

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 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 9 - 10 months of age. Mashed or chopped table foods may be used.
 5. Strained or mashed foods should be introduced at 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 full lean back or turn away.
 6. Finger foods may be offered between 9 - 12 months when infant is developing finger / hand coordination.

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

6 MONTHS - 12 MONTHS						Amount of Formula Per 24 Hours	
Month 6	Month 7	Month 8	Month 9	Month 10, 11, and 12	30 - 48 oz.	30 - 32 oz.	24 - 32 oz.
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	5 - 8 oz. formula 2 - 3T strained vegetable 6 oz. formula 2 - 4T fruit	5 - 8 oz. formula 2 - 4T fruit 5 - 9T vegetable 1 - 2T meat 7 - 8 oz. formula **	5 - 8 oz. formula 1/2 dry toast or 2 crackers 6 - 8 oz. formula ** (1 cup) 2T meat 2 - 6T potato, rice, noodles 5 - 9T vegetable 4 - 6T fruit
9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.	9:00 a.m.
5 - 8 oz. formula 1/2 dry toast or 2 crackers	6 oz. formula 2 - 3T strained vegetable 6 oz. formula 2 - 4T fruit	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	5 - 8 oz. formula 1/2 dry toast or 2 crackers	5 - 8 oz. formula 1/2 dry toast or 2 crackers	5 - 8 oz. formula 1/2 dry toast or 2 crackers
12:00 Noon	12:00 Noon	12:00 Noon	12:00 Noon	12:00 Noon	12:00 Noon	12:00 Noon	12:00 Noon
5 - 8 oz. formula	6 oz. formula	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	5 - 8 oz. formula 1/2 dry toast or 2 crackers	5 - 8 oz. formula 1/2 dry toast or 2 crackers	5 - 8 oz. formula 1/2 dry toast or 2 crackers
3:00 p.m.	3:00 p.m.	3:00 p.m.	3:00 p.m.	3:00 p.m.	3:00 p.m.	3:00 p.m.	3:00 p.m.
5 - 8 oz. formula	6 oz. formula	7 - 8 oz. formula	7 - 8 oz. formula **	6 - 8 oz. formula ** (1 cup)	5 - 8 oz. formula 1/2 dry toast or 2 crackers	5 - 8 oz. formula 1/2 dry toast or 2 crackers	5 - 8 oz. formula 1/2 dry toast or 2 crackers
6:00 p.m.	6:00 p.m.	6:00 p.m.	6:00 p.m.	6:00 p.m.	6:00 p.m.	6:00 p.m.	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	5 - 8 oz. formula 1/2 dry toast or 2 crackers	5 - 8 oz. formula 1/2 dry toast or 2 crackers	5 - 8 oz. formula 1/2 dry toast or 2 crackers
9:00 p.m.	9:00 p.m.	9:00 p.m.	9:00 p.m.	9:00 p.m.	9:00 p.m.	9:00 p.m.	9:00 p.m.
5 - 8 oz. formula	6 oz. formula	7 - 8 oz. formula	7 - 8 oz. formula **	6 - 8 oz. formula ** (1 cup)	5 - 8 oz. formula 1/2 dry toast or 2 crackers	5 - 8 oz. formula 1/2 dry toast or 2 crackers	5 - 8 oz. formula 1/2 dry toast or 2 crackers

* If dry cereal is used, mix cereal and formula in a bowl. Feed with a spoon.
 ** Formula may be offered in a training cup.