

# Feeding Babies

Infant Development and Feeding Skills



Sources:

Feeding Infants: A Guide for Use in the Child Nutrition Programs. USDA

*Breastfed Babies Welcomed Here*, A Guide for Child Care Providers, USDA

What's in a Meal? A Resource Manual for Providing Nutritious Meals in the CACFP.

Recipes adapted from: Michigan State Cooperative Extension Service

## Infants and the CACFP

As a family child care provider participating in the Child and Adult Care Food Program (CACFP), you must offer participation to all children, including babies, in your care. To do so, you must offer an approved iron fortified infant formula, iron fortified infant cereals and appropriate infant foods that meet the Infant Meal Pattern. See page 3 for infant formula information.

A parent or guardian of a baby may decline your iron fortified infant formula. The parent may choose to supply breast milk or a creditable formula of their choice. You are not expected to supply a different iron fortified infant formula to each baby in care. You are not expected to supply, if medically necessary, a formula that requires a Physician's Statement.

You may claim the infant on the food program even though the parent chooses to supply the breast milk or formula until the baby is developmentally ready to accept solid foods.

When the baby is ready to accept solid foods at each meal service, you must supply the foods to meet the Infant Meal Pattern in order to continue to claim the baby. If the parent chooses to supply all the infant foods and formula, you may not claim the baby.

A Child Enrollment Form must be completed for every baby in care, regardless of whether or not the baby will participate in the CACFP. You must record the name of the approved iron fortified infant formula you offer in your child care.

Positive and supportive feeding can help babies establish warm relationships with caregivers, as well as parents, and is essential in allowing babies to eat well and develop healthy attitudes toward themselves and others. Good nutrition is essential to the rapid growth and development that occurs during a baby's first year.

You and the parents are partners in the feeding relationship. It's important that you communicate frequently with parents so that you can coordinate what the baby is being fed at home with what you feed her while in your care. The decision to feed specific foods is to be made in consultation with parents.

Please feel free to share the information in this training with the family when you develop your correspondence with them concerning their baby's daily habits and food intake.

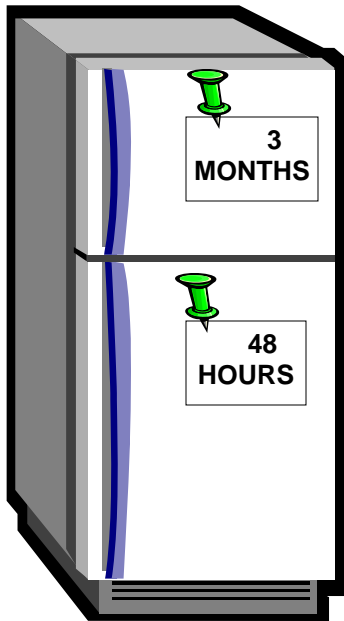
The CACFP Infant Meal Pattern is designed to meet the nutritional needs of children from birth through the first birthday. The pattern corresponds with the changes in food texture and feeding style during the first year of life. It provides the flexibility needed to meet the individual differences in each child's development.



## Breastfed Babies

Breast milk is the best food for babies and the only food a baby needs during the first 4 to 6 months of life. Encouraging breastfeeding mothers to continue nursing is best for baby and mom.

Breast milk needs to be stored and handled safely to keep it from spoiling. Remind mothers to label, date, and chill or refrigerate their breast milk right after they express it.

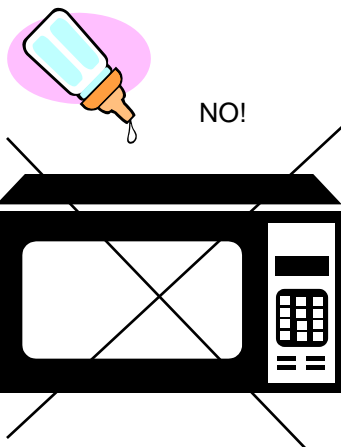


### Storing breast milk

Breast milk can be stored in a refrigerator for up to **48 hours** from the time it was expressed. Place breast milk in the back of the refrigerator where it is coldest. Try to keep 2-3 ounces of breast milk in your freezer in case the baby needs more milk one day. Breast milk can be frozen for up to **3 months** from when it was expressed. Rotate frozen breast milk, using the oldest milk first. Always check the date of the breast milk. Make sure that it is used within the **48 hours** allowed for safe storage of fresh breast milk or the **24 hours** allowed for frozen milk that has been thawed. Discard any breast milk that has been stored too long.

### Handling breast milk

Always wash your hands before handling bottles or feeding the baby. Use only clean bottles, nipples, and cups. For babies that do not crawl, bottles and nipples should be sterilized. If you need to reuse them, sterilize by boiling in water for 5 minutes or by washing in a dishwasher.



### Thawing/Warming of breast milk

Thaw frozen breast milk by holding container under running cold water. Do not set breast milk out to thaw at room temperature. **Do not thaw breast milk by heating on the stove or in a microwave.** Heating damages special substances in breast milk that protect babies' health.

Warm breast milk by placing the bottle in a pan of warm water or by holding it under warm running water for a few minutes. Microwave heating causes hot spots in the milk that can burn the baby's mouth and throat. These hot spots may stay even if you shake the bottle.

For some breastfed babies who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum may be offered, with additional breast milk offered if the baby is still hungry.

You may claim breast milk alone only when you serve the breast milk by bottle. If mom nurses her baby at child care, you may claim the baby only when the baby is developmentally ready and eating foods that you supply to complete the meal pattern.

## Iron Fortified Infant Formula

Iron-fortified infant formula is the best food for the baby when the baby is not being breastfed or when a supplement to breast feeding is needed.

Infant formula means any iron-fortified formula intended for dietary use solely as a food for normal, healthy infants; excluding those formulas specifically formulated for infants with inborn errors of metabolism or digestive or absorption problems. Infant formula, as served, must be in liquid state at recommended dilution.

The formula label must state "with iron" or "iron-fortified." Formula labels which say "low iron" do not meet the meal pattern requirements. Low-iron or other formulas may be served only as a dietary substitute when a note from a medical doctor or other recognized medical authority, requiring its use, is on file with YFCI.

### **Requires a Physician Statement**

Alimentum  
Nutramigen  
Pregestimil  
Low Iron Infant formulas (all types)  
Cow's milk (any type)

You are required to have a creditable Iron Fortified Infant Formula to offer to parents. Parents may decline and bring their preferred Iron Fortified Infant Formula or breast milk.

A Physician Statement is not required for the iron-fortified formulas as listed below.

### **Some creditable infant formulas**

#### **Birth through 12 months**

Good Start  
Enfamil LIPIL  
Enfamil AR  
Parent's Choice (sold at Wal-Mart)  
Parent's Choice Soy  
CVS Infant Formula with Iron  
Walgreens Infant Formula  
ProSobee  
Similac with Iron  
Similac Lactose Free

Target Infant Formula  
Target Soy Infant Formula

#### **4 months through 12 months of age**

(Follow-Up formulas are specifically designed for infants who are eating solid foods. Do not serve to babies under 4 months of age without a Physician Statement.)

Enfamil Next Step Lipil  
Enfamil Next Step ProSobee Lipi  
Good Start 2  
Good Start 2 Soy

#### **A more complete list may be found at:**

**<http://www.fns.usda.gov/cnd/care/Regs-Policy/InfantMeals/FormulaList.htm>**

Please call YFCI if you have any questions about what you are required to offer parents.

### **Preparation and storage of formula**

- Never use formula from cans that have dents, bulges, or rust spots.
- Never use formula if the expiration date on the formula lid or label is expired.
- Always wash hands with soap and water before preparing formula.
- Prepare infant formula using cold tap water or bottled water. Using hot tap water in the preparation of the formula may lead to a high risk of lead exposure.
- Mix formula carefully according to directions on the container. Under-diluted formula (too little water added) puts stress on the infant's kidneys and digestive system and may lead to dehydration. Over-diluted formula (too much water added) may interfere with the infant's growth.
- **Never use a microwave to heat bottles.** Liquids become very hot or develop hot spots when heated in a microwave. Warm the bottle just before feeding under warm running water.
- **Refrigerate prepared bottles of formula for up to 24 hours.**
- Opened cans of ready to feed or liquid concentrate formula should be covered, refrigerated, and used within 48 hours.
- Portions of formula remaining in the bottle after a feeding should be discarded.

## Preventing Tooth Decay

In most children, baby teeth begin to erupt at about 6 months of age. Once this happens, a child is at-risk for tooth decay. Baby teeth are important. They help a baby eat and learn to speak correctly. They hold the spacing needed for adult teeth to eventually erupt.

Baby bottle tooth decay can occur when:

- Babies with teeth are allowed to fall asleep with a bottle in their mouths. Less saliva is made in the mouth during sleep and the liquid from the bottle can pool around the teeth.
- Babies are allowed to drink from a bottle (containing juice, sweet liquids, or formula) over an extended time period.

The sugar in juice, sweet liquids and formula are used by bacteria in the mouth to produce acids that can cause serious decay. To prevent tooth decay in babies:

- Feed only breastmilk or formula from a bottle.
- Do not feed juice from a bottle.
- Offer the bottle only at feeding time, not at nap time. If a baby falls asleep during feeding, move the baby around a bit to stimulate swallowing before putting the baby down.
- Do not leave a bottle in the crib or playpen. **Never prop bottles.**
- Only give the baby a plain clean pacifier. Never give a baby a pacifier dipped in honey, syrup, sugar, or other sweet substance.
- Do not put water sweetened with any sweetener or other sweet liquids in a bottle or cup.
- Do not use a bottle of cold juice to soothe a teething baby's gums.

- Provide 100% fruit juice in a cup. Limit to 4 ounces (1/2 cup) of fruit juice per day.
- Do not let a baby (or any child) carry around and continuously drink from a bottle or cup.
- Do not feed a baby sweetened foods, such as lollipops, sweet candies, candy bars, cookies, sweetened cereals, or sticky sweet foods.
- Gradually begin shifting bottle feedings to cup feedings any time after 6 months of age as the baby consumes more solid foods and drinks liquids from a cup.
- Wipe the baby's mouth with a clean warm cloth after feeding.

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## Feeding Solid Foods

When a baby is developmentally ready to accept them, solid foods must be served to make a reimbursable meal in the CACFP. Refer to Figure 2 on page 10 to see how the stages in infancy correspond to the Infant Meal Pattern.

The CACFP does not recommend the serving of solid foods to a baby younger than 4 months.

***Do not put infant cereals or any other food in a bottle.*** If a baby is not ready to take pureed or strained food from a spoon, the baby is not developmentally ready for solid foods.

**During the introduction of foods for 4-7 month old babies, do not record on the menu form. Record the solid foods when the baby is ready to be served solid foods at each meal service.**

Babies who are developing normally will show you when they are ready for solid foods in some of these ways:

- ✓ Can hold necks steady and sit with support.
- ✓ Are interested in foods.
- ✓ Draw in lower lips as a spoon is removed from their mouths.

Babies show disinterest or fullness by:

- ✓ Leaning back.
- ✓ Turning away.
- ✓ Pushing food out of their mouths.

### Feeding solid foods too early:

- \* May increase the risk that babies will choke.
- \* May increase the risk of developing food allergies or intolerances.
- \* May consume less breast milk/formula and not get enough calories or nutrients for proper growth and development.
- \* Will **not** help babies sleep through the night or eat fewer times a day.

### Feeding solid foods too late:

- \* Increases risk that babies will not learn to eat solid foods properly.
- \* Increases risk of malnourishment.
- \* Increases development of iron-deficiency anemia.
- \* Increases risk that babies will not grow normally.

### Baby Food ~ commercially prepared VS. home made

Commercially prepared baby food is safe, sanitary and convenient. **Only commercially prepared Iron Fortified Infant Cereal meets the infant cereal requirement.**

Fruits/vegetables, meats and meat alternates may be purchased commercially or prepared at home.

## Commercially Prepared Baby Foods

### *Iron Fortified Infant Cereal*

#### Creditable

#### Non-Creditable

#### Infant Cereals:

- Iron Fortified
- Can be made with breast milk or IFIF
- Adult Cereals, such as Cheerios, Farina, Cream of Rice
- Infant cereals containing fruit
- Jarred infant cereals

### *Fruits and Vegetables*

#### Creditable

#### Non-Creditable

- Fruit or vegetable is first ingredient
- Contains multiple fruits or vegetable ingredients
- Water is not the first ingredient
- Baby dinners
- Jarred cereals with fruit
- Desserts
- Water is first ingredient
- Contains DHA

### *Meats & Meat Alternates*

#### Creditable

#### Non-Creditable

- Plain strained baby food meats:  
chicken, beef, turkey, lamb, veal, ham
- Combination dinners
- Meat sticks
- Breaded/battered seafood and canned fish with bones
- Yogurt
- Nut, seeds, and nut/seed butters



## Home Prepared Baby Food

As a family child care provider, you are most likely caring for a mixed age group. While working within the Infant Meal Pattern, you can meet everyone's needs and save time and money by serving some of the same foods to all children. Care must be taken to ensure:

- The food is prepared and stored safely
- Served in the appropriate texture
- Cooked to conserve nutrients
- Prepared without sugar and salt or added fat.

Care needs to be taken to make sure that foods do not contain mixed ingredients that may cause allergies. However, plain fruits, cooked vegetables, and meats are easily modified into a texture for infants. A blender or small grinder makes this process easy.

### Recipes for Homemade Baby Food

#### **Cooked fruit or vegetables:**

Makes 12 tablespoons of fruit/vegetable

3/4 cup ripe fresh fruit or vegetable

1 –2 tablespoons water

Peel and chop fruit or vegetable into small pieces. Steam in as little water as possible to retain nutrients, until food is tender. Blend with cooking liquid. Mash with fork, blend in blender or put through baby food grinder. Puree to proper texture for development of the baby. Serve or freeze.

#### **Fresh fruit:**

Makes 12 tablespoons fruit. Adjust amounts as needed if not freezing.

3/4 cup ripe fruit (or canned fruit packed in water)

1-2 teaspoons water or water with a little plain lemon juice to help avoid browning

Remove skin and seeds. Puree or grind until appropriate texture for the development of the baby.

#### **Some fruits and vegetables to use:**

**Fruit:** apples, pears, peaches, nectarines, apricots, prunes, bananas (bananas do not freeze well). Avoid citrus and acidic fruits. Delay berries if any allergies in family.

**Vegetables:** potatoes, sweet potatoes, green beans, peas, squashes. Delay until after 6 months: spinach, beets, turnips, carrots and collard greens as these foods are naturally high in nitrates which could make children under 6 months old sick.

***Never add sugar or salt. Never give honey to a child under the age of 1 year.***

#### **Meat/meat alternate**

Makes 8 tablespoons of meat/meat alternate

1/2 cup cooked meat

2-4 tablespoons meat broth or formula

Use small pieces of cooked lean meat such as chicken, beef, turkey or pork. Do not add salt or fat. To cook, remove skin, fat and connective tissue. If using fish, use only "fin" fish such as haddock, cod, flounder. Be careful to remove all bones. Do not use shellfish.

Cook over low heat in a small amount of broth or water. (Use a meat thermometer to check temperature.) Cook to 165 °F. Drain and use cooking liquid or formula to puree or grind to the appropriate texture for the baby.

Serve or freeze.

#### **Egg yolk puree**

Makes 2 tablespoons meat/meat alternate

1 egg

Water

1 tablespoon formula

Cook egg to hard boiled in water, 15 minutes. Peel and cut egg. Scrape or pop out yolk. Mash the yolk with formula. Serve or freeze.

Only serve egg yolk under the age of 1 when there is no history of egg allergy in the family.

### **Cooked dry beans and dry peas:**

Such as kidney beans, pinto beans, dried peas and lentils. Mash with water to the appropriate texture. If using canned beans, drain and rinse to remove extra salt. Use as meat alternate or vegetable.

### **Freezing home made baby food:**

After cooking, immediately serve these foods or store in the refrigerator for no longer than 24 hours. You may freeze and use within 1 month.

Ice cube tray method: measure and pour cooked pureed food into sections of clean ice cube tray. Cover with plastic wrap or foil. When frozen solid, the cubes may be stored in freezer bags in the freezer.

Cookie sheet method: Place 1-2 tablespoons on a clean cookie sheet. Cover, freeze and store as above.

Defrost safely according to guidelines in "Food Safety Basics" that you received in February 2010.

### **Snacks for 8-12 month old babies**

Once a baby is developmentally ready for finger food, and after consultation with parents, a serving of bread or cracker must be served and recorded for snack.

- Serve only crackers and breads made from enriched or whole-grain flour.
- Avoid any food that might be a choking hazard, such as hard pretzels, or tortilla chips.
- Do not serve any bread or cracker made with honey or that contains nuts, seeds or hard pieces of grain kernels.
- Do not serve cookies, cereal bars, cakes, or brownies.
- Cheerios, especially Honey Nut, or other adult cereal are not acceptable for bread or crackers.

### **Other foods**

Other healthy foods that are not listed in the Infant Meal Pattern may be served in addition to the required foods, not as a substitute. Some examples are rice, noodles in age appropriate consistency or bread at a meal other than snack.

### **Reminders for Recording Infant Meals**

- Document the amount of food offered at each meal service in compliance with the meal pattern.
- Record Iron Fortified Infant Cereals with the type of grain, i.e. Rice or Barley.
- Each baby must have a separate menu.
- Record solid foods when the 4-7 month old baby is developmentally ready and can be served the food at every meal service.
- Serve and record all required food to babies 8 -12 months old.
- Serve and record a bread or cracker for 8-12 month old baby when you and the parent decide the baby is ready for finger foods.
- The amounts of foods recorded must be served to the baby, but may be served during a span of time consistent with her eating habits.




### **Infant Meal Pattern and Developmental Charts**

Use the Infant Meal Pattern, Sequence on Infant Development and Feeding Skills (figure 1) and Feeding Baby for the First Year (figure 2) as guides for creditable meals and for judging a baby's developmental readiness for foods. You are encouraged to share all this information with parents.






# CACFP INFANT MEAL PATTERN




0 through 3 months

Breakfast 	4 to 6 fluid ounces Iron Fortified Infant Formula (IFIF) or breast milk*
Snack 	4 to 6 fluid ounces Iron Fortified Infant Formula (IFIF) or breast milk*
Lunch or Supper 	4 to 6 fluid ounces Iron Fortified Infant Formula (IFIF) or breast milk*

4 through 7 months

Breakfast 	4 to 8 fluid ounces Iron Fortified Infant Formula (IFIF) or breast milk* 0 to 3 tablespoons Iron Fortified Infant Cereal **
Snack 	4 to 6 fluid ounces Iron Fortified Infant Formula (IFIF) or breast milk*
Lunch or Supper 	4 to 8 fluid ounces Iron Fortified Infant Formula (IFIF) or breast milk 0 to 3 tablespoons Iron Fortified Infant Cereal** 0 to 3 tablespoons fruit and/or vegetable**

8 months to first birthday

Breakfast 	6 to 8 fluid ounces Iron Fortified Infant Formula (IFIF) or breast milk* 2 to 4 tablespoons Iron Fortified Infant Cereal 1 to 4 tablespoons fruit and/or vegetable
Snack 	2 to 4 fluid ounces Iron Fortified Infant Formula (IFIF) or breast milk* <b>or</b> 100% fruit juice (serve juice in a cup while infant is seated) 0 to 1/2 slice bread** or 0 to 2 crackers**
Lunch or Supper 	6 to 8 fluid ounces Iron Fortified Infant Formula (IFIF) or breast milk* 1 to 4 tablespoons fruit and/or vegetable 2 to 4 tablespoons Iron Fortified Infant Cereal <b>and/or</b> 1 to 4 tablespoons meat, fish, poultry, egg yolk, cooked dry beans or peas <b>or</b> 1/2 to 2 ounces cheese <b>or</b> 1 to 4 ounces cottage cheese or cheese food or cheese spread

\* Or portion of both

\*\* A serving of this component is required when the infant is developmentally ready to accept it. The bread/crackers component must be made from whole-grain or enriched meal or flour.

Figure 1

## Sequence of Infant Development and Feeding Skills in Normal, Healthy Full-Term Infants\*

### DEVELOPMENTAL SKILLS







Baby's Approx. Age	Mouth Patterns	Hand and Body Skills	Feeding Skills or Abilities
<b>Birth through 5 months</b> 	<ul style="list-style-type: none"> <li>• Suck/swallow reflex</li> <li>• Tongue thrust reflex</li> <li>• Rooting reflex</li> <li>• Gag reflex</li> </ul>	<ul style="list-style-type: none"> <li>• Poor control of head, neck, trunk</li> <li>• Brings hands to mouth around 3 months</li> </ul>	<ul style="list-style-type: none"> <li>• Swallows liquids but pushes most solid objects from the mouth</li> </ul>
<b>4 months through 6 months</b> 	<ul style="list-style-type: none"> <li>• Draws in upper or lower lip as spoon is removed from mouth</li> <li>• Up-and-down munching movement</li> <li>• Can transfer food from front to back of tongue to swallow</li> <li>• Tongue thrust and rooting reflexes begin to disappear</li> <li>• Gag reflex diminishes</li> <li>• Opens mouth when sees spoon approaching</li> </ul>	<ul style="list-style-type: none"> <li>• Sits with support</li> <li>• Good head control</li> <li>• Uses whole hand to grasp objects (palmer grasp)</li> </ul>	<ul style="list-style-type: none"> <li>• Takes in a spoonful of pureed or strained food and swallows it without choking</li> <li>• Drinks small amounts from cup when held by another person, with spilling</li> </ul>
<b>5 months through 9 months</b> 	<ul style="list-style-type: none"> <li>• Begins to control the position of food in the mouth</li> <li>• Up-and-down munching movement</li> <li>• Positions food between jaws for chewing</li> </ul>	<ul style="list-style-type: none"> <li>• Begins to sit alone unsupported</li> <li>• Follows food with eyes</li> <li>• Begins to use thumb and index finger to pick up objects (pincer grasp)</li> </ul>	<ul style="list-style-type: none"> <li>• Begins to eat mashed foods</li> <li>• Eats from a spoon easily</li> <li>• Drinks from a cup with some spilling</li> <li>• Begins to feed self with hands</li> </ul>
<b>8 months through 11 months</b> 	<ul style="list-style-type: none"> <li>• Moves food from side-to-side in mouth</li> <li>• Begins to curve lips around rim of cup</li> <li>• Begins to chew in rotary pattern (diagonal movement of the jaw as food is moved to the side or center of the mouth)</li> </ul>	<ul style="list-style-type: none"> <li>• Sits alone easily</li> <li>• Transfers objects from hand to mouth</li> </ul>	<ul style="list-style-type: none"> <li>• Begins to eat ground or finely chopped food and small pieces of soft food</li> <li>• Begins to experiment with spoon but prefers to feed self with hands</li> <li>• Drinks from a cup with less spilling</li> </ul>
<b>10 months through 12 months</b> 	<ul style="list-style-type: none"> <li>• Rotary chewing (diagonal movement of the jaw as food is moved to the side or center of the mouth)</li> </ul>	<ul style="list-style-type: none"> <li>• Begins to put spoon in mouth</li> <li>• Begins to hold cup</li> <li>• Good eye-hand-mouth coordination</li> </ul>	<ul style="list-style-type: none"> <li>• Eats chopped food and small pieces of soft, cooked table food</li> <li>• Begins self-spoon feeding with help</li> </ul>

Figure 2

## Feeding the Baby For the First Year

Babies grow quickly during the first year of life and make many changes in the types of foods and textures of foods they are able to

eat. As babies grow and develop, watch for the following signs which will tell you when they are ready for a new food.

BABIES AGE:	WHEN BABIES CAN:	SERVE:
<p><b>Birth through 3 Months</b></p> 	<ul style="list-style-type: none"> <li>• Only suck and swallow</li> </ul>	<p><b>LIQUIDS ONLY</b></p> <ul style="list-style-type: none"> <li>• Breastmilk</li> <li>• Infant formula with iron</li> </ul>
<p><b>4 months through 7 months</b></p> 	<ul style="list-style-type: none"> <li>• Draw in upper or lower lip as spoon is removed from mouth</li> <li>• Move tongue up and down</li> <li>• Sit up with support</li> <li>• Swallow semisolid foods without choking</li> <li>• Open the mouth when they see food</li> <li>• Drink from a cup with help, with spilling</li> </ul>	<p><b>ADD SEMISOLID FOODS</b></p> <ul style="list-style-type: none"> <li>• Infant cereal with iron</li> <li>• Strained vegetables*</li> <li>• Strained fruit*</li> </ul> <p><i>* may be started later in the age range</i></p>
<p><b>8 months through 11 months</b></p> 	<ul style="list-style-type: none"> <li>• Move tongue from side to side</li> <li>• Begin spoon feeding themselves with help</li> <li>• Begin to chew and have some teeth</li> <li>• Begin to hold food and use their fingers to feed themselves</li> <li>• Drink from a cup with help, with less spilling</li> </ul>	<p><b>ADD MODIFIED TABLE FOODS</b></p> <ul style="list-style-type: none"> <li>• Mashed or diced soft fruit</li> <li>• Mashed or soft cooked vegetables</li> <li>• Mashed egg yolk</li> <li>• Strained meat/poultry</li> <li>• Mashed cooked beans or peas</li> <li>• Cottage cheese, yogurt, or cheese strips</li> <li>• Pieces of soft bread</li> <li>• Crackers</li> <li>• Breastmilk, iron-fortified formula, or fruit juice in a cup</li> </ul>



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## Home Study Enclosed

### Feeding Babies: Infant Development and Feeding Skills

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