

# Infant Room Supply List

## Please bring the following items to Meet the Teacher

- ◆ **6 crib sheets-** Sheets do have to be changed and sent home at the end of each day.
- ◆ **3 sets of extra clothing–** Please label all items.
- ◆ **Any food -** Cereal, snacks, baby food, etc. All containers must be labeled.
- ◆ **Sunscreen-** Please fill out the Permission to Administer Topical Ointment form.
- ◆ **Diaper Cream-** Please fill out the Permission to Administer Topical Ointment form.



◆ **Diapers-** Each individual diaper must be labeled with your child's initials. Please bring enough diapers (roughly 100 per month) so we don't have to ask to restock so often. The best way to label is to just open the end of the diaper pack (where the fold is) and put the initials there.

- ◆ **Wipes-** Label each container or package. Please try to provide a minimum of five packs to start.
- ◆ **Pacifier-** If your child uses a pacifier, please send extras in a Ziploc bag. Each pacifier needs to be labeled.

## These items will be sent in daily and labeled with your child's name and date:

- ◆ **Bottles–** Must be dated and labeled with the child's full name. Each day you will send in the number of bottles your child will need based on your child's feeding schedule. If you are using breast milk, make sure you label each bottle clearly that is filled with breast milk, date, and full name. Please note that any formula or breast milk that is left after each feeding will be discarded.
- ◆ **Sippy cups–** If your child uses sippy cups in lieu of bottles, please follow the same guidelines as above.
- ◆ **Bowls/Utensils–** If your child is eating cereal or baby food, each day you will send in the appropriate number of bowls and utensils based on your child's feeding plan.
- ◆ **Bibs/Burpee clothes–** Please send enough bibs and burpee clothes to cover each feeding for the day.

**We recommend providing a reusable bag to put your child's sheet, bibs, burpee cloths, and any soiled clothing to be sent home each day.**

**Please bring some family pictures to be put on your child's crib, around the room, and for other activities.**

# Infant Feeding Plan

As your child's caregivers, an important part of our job is feeding your baby. The information you provide below will help us to do our very best to help your baby grow and thrive. **Page two of this form must be completed and posted for quick reference for all children under 15 months of age.**

Child's name: \_\_\_\_\_

Birthday: \_\_\_\_\_  
m m / d d / y y y y

Parent/Guardian's name(s): \_\_\_\_\_

Did you receive a copy of our "Infant Feeding Guide?" Yes No

If you are breastfeeding, did you receive a copy of:  
"Breastfeeding: Making It Work?" Yes No

"Breastfeeding and Child Care: What Moms Can Do?" Yes No

## TO BE COMPLETED BY PARENT

At home, my baby drinks (check all that apply):

Mother's milk from (circle)  
Mother bottle cup other

Formula from (circle)  
bottle cup other

Cow's milk from (circle)  
bottle cup other

Other: \_\_\_\_\_ from (circle)  
bottle cup other

How does your child show you that s/he is hungry?

How often does your child usually feed?

How much milk/formula does your child usually drink in one feeding?

Has your child started eating solid foods?

If so, what foods is s/he eating?

How often does s/he eat solid food, and how much?

## TO BE COMPLETED BY TEACHER

Clarifications/Additional Details:

At home, is baby fed in response to the baby's cues that s/he is hungry, rather than on a schedule? Yes No

### If NO,

- I made sure that parents have a copy of the "Infant Feeding Guide" or "Breastfeeding: Making it Work"
- I showed parents the section on reading baby's cues

Is baby receiving solid food? Yes No

Is baby under 6 months of age? Yes No

### If YES to both,

- I have asked: Did the child's health care provider recommend starting solids before six months?

Yes No

### If NO,

- I have shared the recommendation that solids are started at about six months.

Handouts shared with parents:

Child's name: \_\_\_\_\_

Birthday: \_\_\_\_\_  
m m / d d / y y y y

Tell us about your baby's feedings at our center.

I want my child to be fed the following foods while in your care:

	Frequency of feedings	Approximate amount per feeding	Will you bring from home? (must be labeled and dated)	Details about feeding
Mother's Milk				
Formula				
Cow's milk				
Cereal				
Baby Food				
Table Food				
Other (describe)				

I plan to come to the center to nurse / feed my baby at the following time(s): \_\_\_\_\_

My usual pick-up time will be: \_\_\_\_\_

If my baby is crying or seems hungry shortly before I am going to arrive, you should do the following (choose as many as apply):

hold my baby       use the teething toy I provided       use the pacifier I provided  
 rock my baby       give a bottle of milk       other Specify: \_\_\_\_\_

I would like you to take this action \_\_\_\_\_ minutes before my arrival time.

At the end of the day, please do the following (choose one):

Return all thawed and frozen milk / formula to me.       Discard all thawed and frozen milk / formula.

**We have discussed the above plan, and made any needed changes or clarifications.**

Today's date: \_\_\_\_\_

Teacher Signature: \_\_\_\_\_ Parent Signature \_\_\_\_\_

***Any changes must be noted below and initialed by both the teacher and the parent.***

Date	Change to Feeding Plan (must be recorded as feeding habits change)	Parent Initials	Teacher Initials



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*In Collaboration With:*

NC Department of Health and Human  
 Services  
 NC Child Care Health and Safety Resource  
 Center  
 NC Infant Toddler Enhancement Project

# Infant Feeding

## A Guide for Parents and Caregivers

*As a new parent or caregiver, you probably receive a lot of advice about how to feed your baby. This booklet will give you some basic information about feeding that can help your baby get the best start in life.*

### MYTHS and FACTS

**MYTH:** In hot weather, babies need water in a bottle.

**FACT:** Formula or mother's milk provides all the liquid a baby needs.

**MYTH:** Cereal in a bottle will help my baby sleep longer.

**FACT:** Cereal in a bottle will not help your baby sleep, and it may upset his tummy. Do not feed cereal until your baby can eat it from a spoon.

**MYTH:** If I am too busy to feed my baby, I can just prop the bottle.

**FACT:** Propping a bottle is not safe. A baby can choke. Take a break from what you are doing and enjoy this special time with your baby.



Photo courtesy of Wake AHEC



CAROLINA GLOBAL  
BREASTFEEDING INSTITUTE  
*Empowering Family CAREGIVERS*

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<http://breastfeeding.sph.unc.edu/>

In Collaboration With:  
NC Child Care Health and Safety Resource Center  
NC Infant Toddler Enhancement Project  
Shape NC: Healthy Starts for Young Children  
NC Department of Health and Human Services  
Wake County Human Services and  
Wake County Smart Start

# Should I Schedule My Baby's Feedings?



**It is best to feed your baby when he is hungry.** It may feel tempting to put your baby on a strict feeding schedule, so you will always know when he wants to eat. But do you always eat at exactly the same time every day?

**It is best to feed your baby in response to her changing appetite.** Your baby may be more or less hungry at different times or on different days—just like you! It is best to feed according to her changing appetite.

**Doctors recommend that all babies be fed in response to their hunger cues,** not on a strict schedule.

## **Advantages of cue-feeding include:**

- Babies tend to grow better, especially after 3–4 months of age.
- Babies are calm for feedings, so they feed better.
- Breastfeeding moms have an easier time making enough milk for their babies.
- Babies learn to eat when they are hungry, which may help prevent obesity when they are older.

# But How Do I Know When My Baby Wants To Eat?

Your baby may not be able to speak, but he still is able to tell you what he needs.

- **When a baby is hungry**, she will open her mouth, stick out her tongue, and move her head from side-to-side. While sleeping, she may start to wriggle. If her hand is near her mouth, she may try to suck on it. **Crying is a late sign of hunger.**
- **When a baby is full**, he will move away from the food. Never prop a bottle, because it forces a baby to eat more than he wants. It makes him overeat and can increase vomiting. Just like adults, babies know when they have had enough.
- **When a baby wants to have some quiet time**, she often will look away. She may have changes in her skin, her movements, or her breathing.
- **When a baby wants to cuddle**, he will look at you. As he gets older, he will smile.
- **When a baby is unhappy**, she will fuss and sometimes cry. All babies do this from time to time. You can never “spoil” your baby by comforting her. Responding to her cries will help her feel more secure and cry less often.

*When you try to understand what your baby is “saying,” both of you will be happier and more confident!*



# But Why Should I Care About Breastfeeding?

Even if you are not a breastfeeding mother, consider learning more about breastfeeding.

- **I work in child care**, and it is part of my job to care for breastfeeding babies. I want to have the training and information to take the very best care of all of the babies in my care.
- **I am an employer**, and I want to know all I can about supporting my employees, including breastfeeding mothers.
- **There is a mother in my life who is breastfeeding**, my sister or daughter or friend. I want to do all I can to support her choices about feeding her baby.
- **I may have another baby someday**. Although feeding formula is the right choice for our family right now, I would like to learn more about how I can give my next baby the very best start in life, and how breastfeeding can be a part of that.



*If you would like to learn more, ask your provider for our booklet “Breastfeeding: Making It Work.”*

*Copies also can be downloaded at our website:*

*<http://cgbi.sph.unc.edu/>*

# Infant/Toddler Safe Sleep Policy

Child Care Facility: Charlotte Jewish Preschool



A safe sleep environment for infants reduces the risk of sudden infant death syndrome (SIDS) and other sleep related infant deaths. According to N.C. Law, childcare providers caring for infants 12 months of age or younger are required to implement a safe sleep policy and share the policy with parents/guardians and staff. We implement the following safe sleep policy.

References: N.C. Law G.S. 100-91 (15), N.C. Child Care Rules .0606 and .1724, Caring for Our Children

## Safe Sleep Practices

1. We train all staff, substitutes, and volunteers caring for infants aged 12 months or younger on how to implement our Infant/Toddler Safe Sleep Policy.
2. We always place infants under 6 months of age on their **backs to sleep**
3. We place infants on their backs to sleep even after they can easily turn over from the back to the stomach. We then allow them to adopt their own position for sleep.
4. We visually check sleeping infants every 15 minutes and record what we see on a *Sleep Chart*.
5. We maintain the temperature in the room where infants sleep between 68-75°F and check it on the thermometer in the room.
6. We provide all infants supervised "tummy time" daily.
7. We follow N.C Child Care Rules .0901(k) and .1706(j) regarding breastfeeding.

## Safe Sleep Environment

8. We use Consumer Product Safety Commission (CPSC) approved cribs or other approved sleep spaces for infants. Each infant has his or her own crib or sleep space.
9. We allow pacifiers without any attachments. Pacifiers attached to clothing will be removed when placed to sleep.
10. We do not allow infants to be swaddled.
11. We do not allow any objects, such as, pillows, blankets, or toys other than pacifiers in the crib or sleep space.
12. Infants are not placed in or left in car safety seats, strollers, swings, or infant carriers to sleep.
13. We give all parents/guardians of infants a written copy of the *Infant/Toddler Safe Sleep Policy* before enrollment. We review the policy with them, and ask them to sign a statement saying they received and reviewed the policy.
14. We encourage families to follow the same safe sleep practices to ease infants' transition to childcare.
15. Centers: We post a copy of this policy in the infant sleep room where it can easily be read.

Effective date: 7/21/2021\_

Review date(s): 7/15/2022

Revision date(s): 7/15/2022

**Distribution:** We give parents/guardians a copy of the policy. We give all staff, substitutes and volunteers a copy to review. We inform them of changes 14 days before the effective date. We give parents/guardians a copy of the policy they signed and put a copy in child's file.

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I, the undersigned parent/guardian of \_\_\_\_\_ (child's full name), have received a copy of the facility's *Infant/Toddler Safe Sleep Policy*. I have read the policy and discussed it the facility director/owner/operator, or other designated staff member.

Child's Enrollment Date: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Facility Representative Signature: \_\_\_\_\_ Date: \_\_\_\_\_

NC Child Care Health and Safety Resource Center January 2018

# What does a safe sleep environment look like?

Revised August 2018

Reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death



Use a firm sleep surface, such as a waterproof mattress in a safety-approved\* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in the infant's sleep area.

Keep soft objects, toys, and loose bedding out of the sleep area.

Do not smoke or let anyone smoke around infants.



Make sure nothing covers the infant's head.

Always place infants on their back to sleep, for naps and at night.

Put infants to sleep in light clothing, such as a one-piece sleeper, and do not use a blanket.

Infants should never sleep in an adult bed, on a couch, or on a chair alone or with anyone else.

\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 / [www.cpsc.gov](http://www.cpsc.gov).

## North Carolina Child Care Rules

"Infant" is any child from birth through 12 months of age.

- Caregivers must place infants on their backs for sleeping.
- Infants must have a waiver for alternative sleep positions or to use a wedge.
- No pillows, wedges, positioners, pillow-like toys, blankets, toys, bumper pads, quilts, sheepskins, loose bedding, towels and washcloths, or other objects may be placed with a sleeping infant.
- Children may not be swaddled.
- Nothing may be placed over the head or face of an infant when he/she is laid down to sleep.
- Infants sleep alone in a crib, bassinet, mat, or cot.
- The temperature in the room where infants sleep must not exceed 75° Fahrenheit.
- Caregivers must visually check, in person, sleeping infants at least every 15 minutes, and document checks.
- Pacifiers that attach to infant clothing may not be used with sleeping infants.
- Infants are prohibited from sleeping in sitting devices including car safety seats, strollers, swings, and infant carriers. Infants that fall asleep in sitting devices must be moved to a crib, bassinet, mat, or cot.



THE UNIVERSITY  
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The North Carolina Child Care Health and Safety Resource Center

[www.healthychildcarenc.org](http://www.healthychildcarenc.org) • 1.800.367.2229

NC Child Care Rules 10A NCAC 09 .0606 and .1724

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