

MY BABY'S FEEDING PLAN

for Childcare

Every baby has their own feeding rhythm. This plan shares what works well for my baby and helps keep feeding consistent between home and childcare.

Baby's name: _____

Parent/caregiver: _____

Date of birth: _____

Contact number: _____

MY BABY'S USUAL FEEDING

Usual amount per bottle: _____ oz

Bottle/nipple used: _____

Usually feeds every: _____ hours

Other feeding notes: _____

Milk provided:

☐ Freshly expressed breast milk

☐ Refrigerated breast milk

☐ Previously frozen breast milk

☐ Formula

☐ Combination

☐ Other: _____

My baby may show they are ready to eat by:

☐ Bringing hands toward mouth

☐ Rooting or turning toward touch

☐ Becoming more active or alert

☐ Making sucking movements

☐ Other: _____

Please offer a feeding when early hunger cues appear when possible, rather than waiting for crying.

IF MY BABY STILL SEEMS HUNGRY:

☐ Offer _____ additional oz

☐ Contact me before offering additional milk

☐ Other: _____

BEFORE PICKUP:

☐ Feed as usual

☐ If pickup is within _____ minutes, offer _____ oz

☐ Contact me first

This plan is intended to support communication between families and caregivers. Follow your baby's individualized medical or feeding plan when applicable.



Created by Samantha Pearson, MSN, RN, IBCLC | Pearson Lactation
Published by Pearson House



Pearson Lactation