

Feeding Infants: When, When, & How

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DECAL's Nutrition Services Vision Statement



Working together with
our partners to
eradicate hunger and
ensure nutritious
meals for all
Georgians!



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Let's Get to Know You



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Objectives

- Understand the critical importance of the first year of life
- Review responsive feeding practices and feeding skills
- Explain the CACFP infant meal patterns and regulations
- Identify developmentally appropriate foods for infants

including taste and texture



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The first year of a child's life represents a period of tremendous growth and development, including many feeding milestones.

Feeding practices during the first year impact children's lifelong food preferences, relationship with food, and future health status.



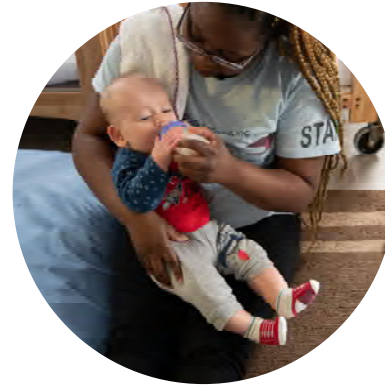
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Goal: Healthy Eaters



What We Feed



How We Feed



Mealtime Supports Child Development

Social/Emotional Development

- Build trust
- Learn mealtime routines
- Practice self-regulation

Language and Communication Development

- Encourage communication by responding to nonverbal cues and talking during meals
- Strengthen muscles needed for speech

Physical Growth and Development

- Practice fine motor skills and use senses to explore
- Accept a variety of foods and textures
- Grow in a way that is right for them



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Benefits of Responsive Feeding

- Learning baby's hunger and fullness cues
- Bonding with baby during mealtime
- Planning meals that meet baby's feeding skills
- Help baby learn to feed themselves



Hunger and Fullness Cues

Table 1 How Can I Tell If a Baby Is Hungry?

Look for one or more of these hunger signs. Just remember, every baby is different! You might find a baby shows a combination of these or only one.



- Gets excited when he or she sees food



- Rooting



- Makes sucking noises and motions, or sucks on lips, hands, fingers, toes, toys, or clothing



- Moves head towards spoon or tries to bring food to his or her mouth



- Reaches or points to food



- Opens and closes mouth

Table 2 How Can I Tell If a Baby Is Full?

Look for one or more of these signs that the baby is full:



- Sucks slowly or stops sucking



- Turns head away



- Falls asleep



- Pushes food away



- Seals lips together



- Looks around and does not pay attention during a feeding



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A Baby's Feeding Skills



Rooting - When a baby's mouth, lips, cheek, or chin are touched by an object, the baby turns his or her head towards the object and baby opens his or her mouth. This reflex lets a baby find and grasp a nipple.



Suck and swallow - When a baby's mouth is touched and he or she opens his or her lips and starts to suck. As liquid moves into the baby's mouth, his or her tongue moves it to the back of the mouth for swallowing.



Tongue thrust - When the lips are touched, the baby's tongue moves out of the mouth. This reflex lets babies feed from the breast or bottle, but not from a spoon or a cup. When solid foods are started too early, the baby's tongue thrust reflex may be confused with the baby not liking the food that was given.



- When a spoon or solid food is placed in the mouth, the food is quickly pushed out of the mouth on the tongue. This reflex is an important reason for waiting until a baby is developmentally ready for solid foods.



Palmar grasp - When the baby uses his or her whole hand to pick up larger pieces of food or objects.



Pincer grasp - When a baby begins to use his or her thumb and index finger to pick up smaller pieces of food or objects.



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CACFP Trainer's Tools: Feeding Infants

HOME > TEAM NUTRITION

Resource Type

Technical Assistance & Guidance

Resource Materials

Content from the [Feeding Infants in the Child Adult Care Food Program guide](#) is brought to life in these in-person training resources. These training resources include:

- Trainer's Guide
- 10 Presentations with trainer notes
- 5 Videos
- 2 Game-show style digital interactives to help participants test their knowledge within the training
- Pre- and post-tests



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<https://www.fns.usda.gov/tn/feeding-infants-cacfp-trainers-tools>

CACFP Infant Meal Pattern – Age Groups

- Two infant age groups
 - Birth through 5 months
 - 6 through 11 months



Food Components & Serving Sizes

	Breakfast	0 through 5 Months	6 through 11 Months
Food Component →	Breastmilk or infant formula	4–6 fl. oz. breastmilk or formula	6–8 fl. oz. breastmilk or formula
	Grains or meat/meat alternates, or a combination		0–4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0–2 oz. cheese; or 0–4 oz. cottage cheese; or 0–4 oz. (½ cup) yogurt; or a combination of the above
	Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both

Minimum
Serving Size

Abbreviations
fl. oz. = fluid ounces
oz. = ounces
tbsp. = tablespoons



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CACFP Infant Meal Pattern – Breakfast

Breakfast	0 through 5 Months	6 through 11 Months
Breastmilk or infant formula	4–6 fl. oz. breastmilk or formula	6–8 fl. oz. breastmilk or formula
Grains or meat/meat alternates, or a combination		0–4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0–2 oz. cheese or 0–4 oz. cottage cheese or 0–4 oz. (½ cup) yogurt; or a combination of the above
Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both

Abbreviations
fl. oz. = fluid ounces
oz. = ounces
tbsp. = tablespoons



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CACFP Infant Meal Pattern – Lunch & Supper

Lunch / Supper	0 through 5 Months	6 through 11 Months
Breastmilk or infant formula	4–6 fl. oz. breastmilk or formula	6–8 fl. oz. breastmilk or formula
Grains or meat/meat alternates, or a combination		0–4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0–2 oz. cheese; or 0–4 oz. cottage cheese; or 0–4 oz. (½ cup) yogurt; or a combination of the above
Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both

Abbreviations
fl. oz. = fluid ounces
oz. = ounces
tbsp. = tablespoons



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CACFP Infant Meal Pattern – Snack

Snack	0 through 5 Months	6 through 11 Months
Breastmilk or infant formula	4–6 fl. oz. breastmilk or formula	2–4 fl. oz. breastmilk or formula
Grains		0–½ slice bread; or 0–2 crackers; or 0–4 tbsp. infant cereal or ready-to-eat breakfast cereal
Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both

Abbreviations
fl. oz. = fluid ounces
oz. = ounces
tbsp. = tablespoons



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Timing of Meals and Snacks

- **Responsive feeding:** understanding when a baby is hungry or full and responding to those signs
- A meal or snack is reimbursable if all required food components are offered to the baby while the baby is in your care.

Parent-Provided Meal Component



Parents may provide **one creditable food component** to count towards a reimbursable meal.



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CACFP Supports Breastfeeding Families

- Breastmilk can be claimed as part of a reimbursable meal or snack when:
 - Pumped breastmilk is offered
 - Mother breastfeeds her baby at the child care site
- Breastmilk can credit towards the fluid milk component at any age.
- **CACFP Best Practice:** Offer mothers a clean, quiet place to breastfeed their baby.



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Selecting Infant Formula

- You must offer at least one **iron-fortified infant formula**.
- Must be regulated by the FDA.



Bottle Feeding: What Should Babies Drink?

- What should babies age 0-11 months drink?
 - **Breastmilk** and **iron-fortified formula**
 - These are the only infant liquids that are creditable in the CACFP.
 - Do **NOT** put cereal in a bottle.
- What is the recommended age at which you can offer a baby water to drink?
 - Around 6 months when a baby is developmentally ready to start eating solid foods



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Fact or Myth?

100% juice has as much sugar as soda



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Fact or Myth?

Fact!

Ounce for ounce, 100% juice and soda have about the same amount of sugar. Even watered-down juice is too sugary for babies. Giving babies juice can lead to:

- Tooth decay
- Diarrhea, gas and bloating
- A preference for sweet drinks, making it harder for them to accept water later



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Fact or Myth?

Giving young infants water helps them stay hydrated during hot days



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Fact or Myth?

Myth!

- Their kidneys aren't ready for water before 4-6 months
- Keep babies in the shade, and offer sips of breastmilk or infant formula if they seem thirsty



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Fact or Myth?

Babies who spit up should have infant formula added to their bottles



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Fact or Myth?

Myth!

Some spitting up is normal and is commonly referred to as reflux. You can lessen reflux by:

- Feeding smaller amounts frequently
- Burping baby at natural pauses throughout feeding
- Keeping baby upright and try paced feeding
- If baby has more serious symptoms in addition to reflux, like crying or arching back during feeding, refusing to eat, blood or greenish colored spit up, or wheezing and coughing, encourage the family to contact the baby's doctor.



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Risks of Infant Cereal in the Bottle

- Babies can gag or inhale cereal into their lungs
- Babies may fill up on cereal and not get enough breastmilk or infant formula
- It can hurt their digestive system, and make babies more likely to develop future food allergies
- Babies can gain more weight than is right for them
- Babies should only have cereal in their bottle if their doctor provides a written medical statement



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Transitioning from Formula to Unflavored Whole Milk



The CACFP allows for a transition time between **12-13 months** of age.

<https://www.fns.usda.gov/tn/feeding-infants-cacfp-trainers-tools>



Feeding Baby: The First Year



Breast/Bottle
Feeding



Pureed and
Mashed Foods



Ground and
Finely Chopped
Finger Foods



Table Foods



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Starting Solid Foods

Too Early

- Choke on the food
- Drink less breastmilk or formula than needed to grow
- Increase risk of overweight and obesity

Too Late

- Not get enough iron and zinc
- Reject foods or be 'picky'- difficulty with new tastes and textures
- Not grow normally
- Have delayed speech and motor development



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Feeding Skills: Around 6-8 Months

- Can sit up in a highchair and hold their head up
- Opens mouth for spoon
- Can move food off spoon with tongue/mouth movement. First, thin foods, then progressively thicker and with more texture



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Feeding Skills: Around 8-12 Months

- Mouth and tongue can move thicker, more textured and lumpy foods around to swallow
- Baby can pick up pieces of ground/chopped foods with fingers
- Baby can get food into mouth with fingers, palm or utensils



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Finger Foods Support Development

- It is important to advance baby to textured, then finger foods when they are ready because:
 - Chewing textured and finger foods strengthens the muscles needed for **speech development**
 - Picking up finger foods helps develop **fine motor skills**
 - Baby learns to accept and enjoy a **variety of foods**
 - It prepares baby for the young toddler classroom
- Keeping babies on pureed “baby foods” too long prevents them from practicing these important skills.



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What Are Solid Foods?

- Solid foods are foods that are easy to digest and safe for a baby to eat once he or she is developmentally ready.

Pureed



Finely
Chopped



Mashed



Ground



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Preparing Foods to Prevent Choking

- Cook foods until they are soft.
- Modify the texture by pureeing, mashing, grinding, or finely chopping.

Foods to Avoid

Round



Chunks



Sticky



Stringy



Crunchy



Other




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Solid Foods in the Infant Meal Pattern

Babies Ages 6 through 11 Months

 iron-fortified dry infant cereals	 fish	 poultry	 meats
 whole eggs (yolk and whites)	 cooked dry beans or peas	 cheese and cottage cheese	 yogurt
 vegetables	 fruits	 ready-to-eat cereals (snack only)	 breads and crackers (snack only)



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Finger Foods

Veggies



Fruits



Meat



Other proteins



Grains



Dairy



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Preparing for Transitions

Between about 10-12 months, babies can:

- Enjoy more and more table foods, and foods from the regular menu
- Practice with open cups, sippy cups and baby cups with a straw
- Practice with a baby spoon and fork, but choosing to eat with their hands is OK too
- Start working toward a structured mealtime schedule
- Practice sitting at a table with a supportive chair, once they are strong enough



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USDA Resources

Presentation Slides and Notes



Lesson 1:
Overview of the CACFP Infant Meal Pattern [\[English PPT\]](#) [\[Spanish PPT\]](#)



Lesson 2:
Identifying and Responding to Hunger and Fullness Signs [\[English PPT Part 1\]](#) [\[English PPT Part 2\]](#) [\[Spanish PPT\]](#)



Lesson 3:
Creating a Breastfeeding-Friendly Environment in a Child Care Site [\[English PPT\]](#) [\[Spanish PPT\]](#)



Lesson 4: Pre-Test/Post-Test
Storing and Handling Breastmilk in a Child Care Site [\[English\]](#) [\[Spanish\]](#)



Lesson 5: Pre-Test/Post-Test
Selecting, Storing, and Handling Infant Formula in a Child Care Site [\[English\]](#) [\[Spanish\]](#)



Lesson 6: Pre-Test/Post-Test
Bottle Feeding and Introducing a Cup [\[English\]](#) [\[Spanish\]](#)

Lesson 7: Pre-Test/Post-Test
Developmental Readiness for Solid Foods [\[English\]](#) [\[Spanish\]](#)

Lesson 8: Pre-Test/Post-Test
Infant Feeding Skills and Modifying Food Textures [\[English\]](#) [\[Spanish\]](#)

Lesson 9: Pre-Test/Post-Test
Creditable Infant Foods: Part 1 [\[English\]](#) [\[Spanish\]](#)

Videos



Overview of the CACFP Infant Meal Pattern [\[English\]](#) [\[Spanish\]](#)



Identifying Signs of Hunger and Fullness [\[English\]](#) [\[Spanish\]](#)



Supporting Breastfeeding Mothers in a Child Care Site [\[English\]](#) [\[Spanish\]](#)



Handling and Storing Breastmilk and Infant Formula in a Child



Developmental Readiness for Solid Foods

Trainer's Guide

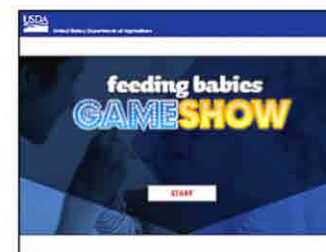


Pre- and Post-Tests

Digital Interactive Games



Baby Food Line Up [\[English\]](#) [\[Spanish\]](#)



Feeding Babies Game Show [\[English\]](#) [\[Spanish\]](#)

All training tools are available in both English and Spanish!



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<https://www.fns.usda.gov/tn/feeding-infants-cacfp-trainers-tools>

Strong4Life.com/earlycare

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Schools and Community

English

Parenting

Being Active

Feeding and Nutrition

Staying Safe

Emotional Wellness



Children's Healthcare of Atlanta Strong4Life helps families raise healthy, safe, resilient kids.

Early Care Programs



Strong4Life in
Early Care and
Education
Programs



Early Feeding in
Early Care Program



Early Care and
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Resources



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Strong4Life Resources



Infant Daily Report

DROP-OFF INFORMATION

Child name: _____ Date: ____/____/____

Arrival: ____ I last ate at: ____ I last woke up at: ____ Last diaper change: ____

Notes: _____

.....

ABOUT YOUR CHILD'S DAY

Today it: _____

Notes: _____

FEEDING

TIME	TYPE	AMOUNT
	WET / BR	
	WET / BR	
	WET / BR	
	WET / BR	
	WET / BR	

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Questions?



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