

# Family Checklist for Best Practices in Child Care Settings (INFANTS 0-12 months)

(Sources: Caring For Our Children, 3rd Edition: [www.cfoc.nrckids.org](http://www.cfoc.nrckids.org); Let's Move! Child Care: [www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org); GO NAP SACC: [www.gonapsacc.org](http://www.gonapsacc.org))

## Breastfeeding Support

- Breastfeeding mothers are provided space for breastfeeding or pumping, other than a bathroom, with appropriate seating and privacy. *(It's ideal to both welcome moms who wish to breastfeed in the program/classroom, and to provide a private space for those who wish to use it.)*
- Enough refrigerator and/or freezer space is always available to allow all breastfeeding mothers to store expressed breast milk at the child care program.
- Providers/teachers receive training on promoting and supporting breastfeeding, including proper storage and handling of breast milk, bottle-feeding a breastfed baby, and benefits of breastfeeding for mother and baby.

## Infant Feeding

- With permission from families, timing of infant feedings in child care program is fully flexible to infants, starting feedings only when infants show they are hungry, and ending feedings only when infants show they are full.
- Providers/Teachers use responsive feeding techniques, such as making eye contact, talking, responding to infants' reactions and signs of hunger and fullness.
- Providers/Teachers inform families about what, when, and how much their infants eat each day with both a written and a verbal report each day.
- During meal times, providers/teachers praise and give hands-on help to guide older infants as they learn to feed themselves.

## Physical Activity

- Short, supervised periods of tummy time are provided for all non-crawling infants several times a day. *(Note: Tummy time should be supervised time when infant is awake and alert. Infant should not be allowed to sleep or fall asleep on his/her belly).*
- Infants are rarely placed in seats, swings, or Exersaucers.
- Infants are taken outdoors every day, weather permitting, for different activities, including walks in strollers or tummy time on a blanket or mat.



# ***Suggested Interview Questions for Child Care Programs (INFANTS 0-12 months)***

To find out more information about a prospective child care provider's infant feeding and physical activity practices, consider asking some of these questions during your interview. You may use this page along with the best practices on the previous page.

## ***Breastfeeding/Infant Feeding***

- How do you support breastfeeding in your program?
- Would I be able to come and breastfeed my child during the day? What space is available for this? *(Ask to see this space).*
- Is there space in a refrigerator to store breast milk that I have pumped?
- How do you handle pumped breast milk? How should I identify my breast milk to ensure my baby receives my milk?
- How do you/your staff feed infants? Is it on a flexible schedule, or a set schedule? *(Note: A flexible schedule, or feeding an infant "on-demand" is considered best practice.)*
- How do you/your staff decide to end bottle feedings? *(i.e., Is a feeding ended when a bottle is empty, or is a feeding ended when an infant shows signs of fullness? Ideal situation is to end feedings when infant shows signs of fullness)*
- How will I know how much my infant ate during the day? Or how many dirty diapers he/she had?
- How and at what age do you introduce purees and solid foods to infants?
- How do you encourage older infants to learn how to feed themselves?

## ***Physical Activity***

- How often do you typically offer tummy time for infants?
- How do you/your staff interact with infants during tummy time?
- How are skills such as lifting/turning head, rolling, sitting up, and reaching for toys encouraged?
- What kind of play equipment is available to infants? Balls, soft blocks, rattles?
- How often are infants placed in seats, swings, or Exersaucers?
- When are infants taken outdoors?
- What do infants do when they are outdoors?