FEEDING GUIDELINES

FEEDINGS

Typical diets:

- < 1 yr: breastmilk or formula (generally iron-fortified)
- 4-6 mo: start solid foods, especially infant cereals
- ~9 mo: finger foods
- 12 mo: 3 meals/day with snacks
- 15 mo: ~15 oz of milk, maximum
- Full-fat milk until 2-3 yr; max. 6 oz juice/day (diluted)
  - Never heat milk in microwave – there is a boiling water spigot in nutrition room; always shake bottles & test on wrist.
- Serving size for 1-5 y.o.: 1 Tbsp/year of each food item.

Guidelines for Infant Care:

- No PO feeds if RR > 60.
- No feedings sooner than every 2-3 hours.
- Hold while feeding, w/head up; observe suck, swallow, & breathing. Be sure to look on Rand (Kardex) if the Dr. has given parameters for O₂ sats.
- Burp every 30-45 mL.
- Feedings usually 60-120 mL (2-4 oz).
  - Chart feeds in oz (1 oz = 30 mL).
- Duration of feeding ~ 20-40 min.
- Do not allow infant to sleep during feeding
- After 6 mo., infant should eat progressively more solids & less mild.
- **Temperature**: < 97° (Ax) is not acceptable. Need to problem solve
  - Re-wrap infant – use blanket from warmer if necessary. Notify RN. Plan to retake in 15-20 min.