

Infant Room Policies

Infant Room Bottles

Families are responsible for bringing all formula, breast milk, and food for their infant.

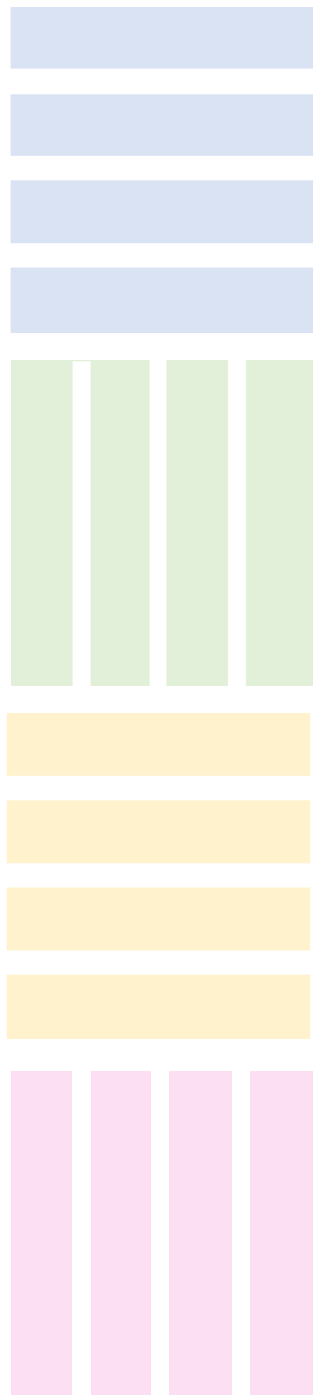
Breastmilk Policies – The Children's Discovery Center supports breastfeeding by accepting, storing, and serving breast milk, we also provide a comfortable, private area in the observation room for breastfeeding mothers.

Breast milk to be consumed that day, must be brought in ready to serve bottles, labeled with the child's name.

Breast milk brought to be stored in the center freezer, must be labeled with the child's full name, and the date it was expressed. We ask that families bring no more than 5 bags of breast milk to be frozen, to prevent loss should the power go out or the freezer not remain at the correct temperature for some reason.

Upon arrival at the center, all bottles of breast milk will be transferred from the insulated lunch bags to the refrigerator in the classroom, or the freezer in the kitchen.

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Infant Room Bottle Feeding Policies & Procedures

Breast milk / formula bottles are warmed in water at not more than 20° Fahrenheit for no more than 5 minutes, in a commercial bottle warmer. A microwave is NEVER to be used to warm a bottle! Staff must discard any breast milk or formula that is unfinished or unrefrigerated after two hours.

Any child under the age of 12 months should be held while drinking a bottle. If they are drinking from a sippy cup, they should be seated at all times. They are never permitted to walk around with their cup. NO EXCEPTIONS!

Favorite Finger Foods

- Avocado (diced or sliced)
- Baby Puffs
- Baby Rice Cakes
- Blueberries (soft & halved)
- Banana
- Beans (cooked until very soft)
- Broccoli (steamed & chopped)
- Butternut Squash (steamed & chopped)
- Cauliflower (steamed & chopped)
- Cheerios
- Cheese (cubed)
- Chicken Nuggets (diced)
- Eggs (scrambled or hard boiled)
- Green Beans (steamed & chopped)
- Grilled Cheese (diced)
- Ground Beef (cooked)
- Pasta (cooked until very soft)
- Peaches (very ripe, peeled & cubed)
- Pears (very ripe, peeled & cubed)
- Peas (cooked)
- Pizza (diced)
- Potatoes (cooked until very soft)
- Quesadillas (diced)
- Sweet Potatoes (cooked until very soft)
- Tofu (cubed)
- Tomatoes (peeled & cubed)
- Watermelon (cubed)
- Whole Grain Toast (spread w/pureed veggies, fruit, mashed avocado, or hummis)
- Zucchini (steamed & cubed)



Infant Room Safe Sleep Policies & Procedures

Prior to laying down to sleep, the babies' diapers will be checked to ensure they are clean and dry before sleeping.

Babies will be placed in sleep sacks, ensuring their hands can freely move, and the sleep sack doesn't cover their mouth or nose in any way.

The baby will be placed in his/her labeled crib, on their back to sleep, unless their physician has advised otherwise. In that case, a doctor's note will be required and will be kept on file.

Infants that are capable of rolling from their back to their tummy while sleeping will be allowed to do so and their cribs will be labeled as such.

There is to be NONE of the following items in the crib with a sleeping infant:

- Stuffed animals

- Pillows

- Quilts/Comforters/Loose blankets

- Pacifier leashes or stuffed animal pacifiers

- Any other soft items that could cause airway blockage or constriction

The babies' faces shall remain uncovered AT ALL TIMES. This will be checked periodically while sleeping to ensure they are breathing without distress.

Infants arriving to the CDC asleep, or fall asleep in equipment (infant carriers, swings, bouncy seats) must be removed and placed in their labeled cribs to sleep.

