



# Embracing Equality and Diversity

## Infant/Toddler Individual Activity Plan and Feeding Schedule

(UPDATE WITH CHANGES OR EVERY THREE MONTHS)

Child's Full Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Primary Childcare Staff Assigned: \_\_\_\_\_ Shift/ Time: \_\_\_\_\_

Circle the types of liquids you are currently offering your child: \***Breast Milk** \***Formula** \***Juice** \***Water**

\***Other Milk:** \_\_\_\_\_ (Type) How much/ How often: \_\_\_\_\_

Do you offer cereal with formula? **YES** or **NO** How much/ often: \_\_\_\_\_

Do you mix cereal with fruit/vegetables? **YES** or **NO** How much/often: \_\_\_\_\_

List below any food other than milk/ formula that you are offering to your infant/toddler: \_\_\_\_\_

\_\_\_\_\_

Circle how your child usually eats food: \***Spoon-fed** \***Uses Fingers** \***Self-spooned** \***Other:** \_\_\_\_\_

Does your child have difficulty eating? **YES** or **NO** (I.e. Spits up, chokes easily) **Other:** \_\_\_\_\_

Does your child have any food or liquid allergies? **YES** or **NO** Please list the allergies/ special instructions:

\_\_\_\_\_

\_\_\_\_\_

Does your child have any food restrictions? **YES** or **NO** Please list any food restrictions/ special instructions:

\_\_\_\_\_

\_\_\_\_\_

Circle methods to assist in your child's nap/sleeping times: \***Rocked** \***Rubbed** \***Sleep Sack**

Other: \_\_\_\_\_ **[The safest sleeping position for an infant is on their back. We require all staff to place your infant on their back to sleep and not on their stomach or side for naptime. Any use of restrictive devices, such as wedges, rolls, etc., requires a physician's note.]**

What are some things your child likes to do? \_\_\_\_\_

\_\_\_\_\_

Please list a daily schedule of what your child does during the day: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please list any other information we need to know about your infant/toddler: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Parent/ Guardian Name:** \_\_\_\_\_

**Parent/ Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### Updates:

**Initials and Date:** \_\_\_\_\_

Hope Grows at Lost Knife  
Location 1  
9845 Lost Knife Road  
Gaithersburg, MD 20886  
301-990-3170

Hope Grows at Century  
Location 2  
20111 Century BLVD- A.  
Germantown, MD 20874  
240-246-7835

Hope Grows at Frederick Rd  
Location 3  
19757 Frederick Road  
Germantown, MD 20876  
240-912-4294