

Infant Room Policies

LCCC
Children's Discovery Center
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Cheyenne, WY 82007
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Updated Spring 2023

Supplies (Please label everything you bring)

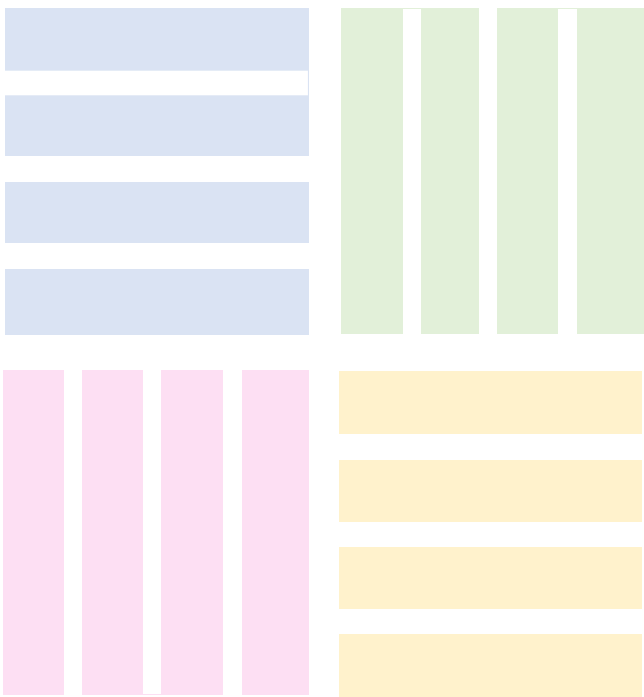
Infant Room General Information

- Families are responsible for bringing the following supplies for their infant:
 - Enough prepared bottles of formula or breastmilk for the day.
 - Enough prepared baby food for the day (breakfast, lunch, snack) with utensils
 - A Sippy Cup each day (once your infant is regularly eating table food)
 - 2-3 extra sets of clothing
 - Diapers
 - Pacifier if needed (no Wubbanubs or leashes please)
 - Sunscreen, sun hat, and jacket (seasonally appropriate)
- The Children's Discovery Center will supply the following for each infant:
 - Sam's Club unscented baby wipes
 - Desitin and A&D Ointment (if you would prefer something else, you'll need to supply it)
 - Crib, crib sheet, & sleep sack (we wash the sheets and sleep sacks weekly or as needed)

NO SHOE Policy

In effort to assure our floors are clean for our youngest crawlers, shoes are not permitted in the infant room. Parents and visitors must remove their shoes, or put the shoe covers provided on before entering the classroom. Bare feet are not permitted in the infant classroom.

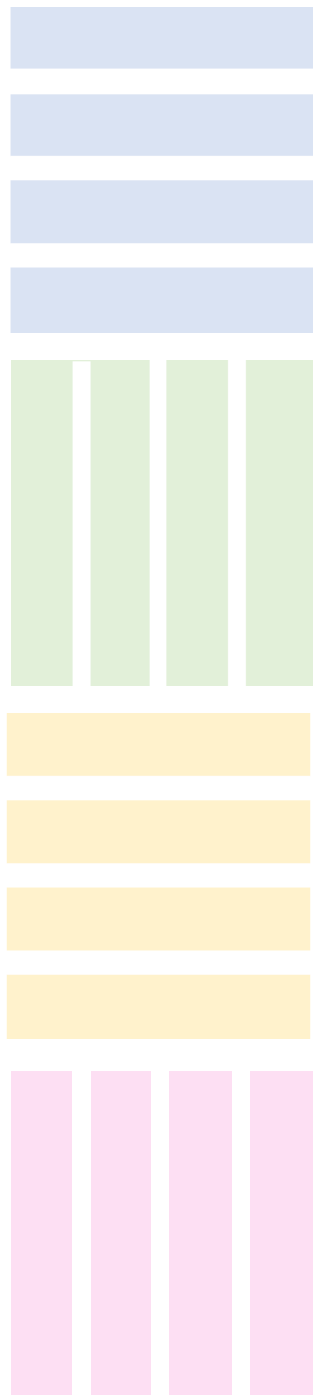
Staff wear socks, slippers, or "indoor only shoes".



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.
 - Breast milk that is stored in the refrigerator must be kept at 39° Fahrenheit for 5 days max.
 - Breast milk in the freezer compartment of the refrigerator with separate doors, shall be kept at 0° Fahrenheit for no more than 3-6 months.
- Formula Policies -
 - Formula bottles to be consumed that day, must be brought in ready to serve bottles, labelled with the child's name.
 - Upon arrival at the center, all bottles of formula will be transferred from the insulated lunch bags to the refrigerator in the classroom.
- Juice/Other fluids -
 - 100% fruit juice can only be offered to infants 12 months and older, and no more than 4 ounces can be offered per day.

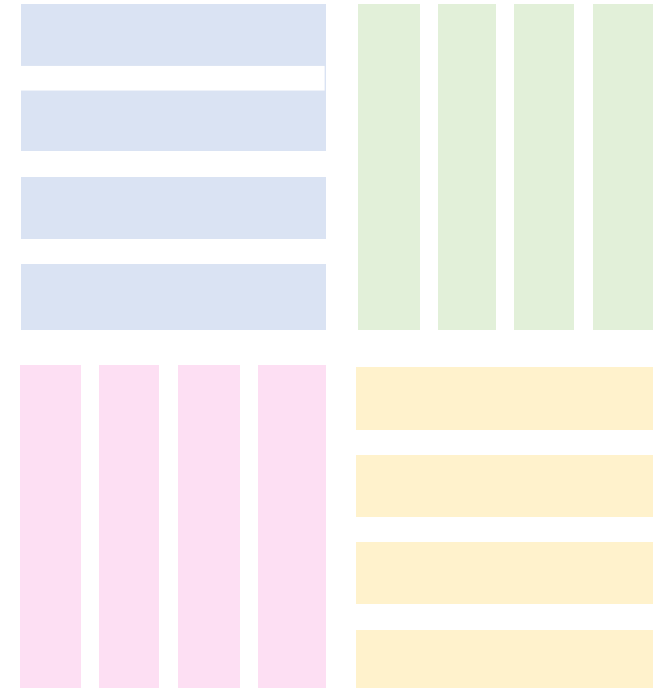


Infant Room Bottle Feeding Policies & Procedures

- Breast milk / formula bottles are warmed in water at not more than 120° 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!
- Under no circumstances may any child drink a bottle that is propped, nor can they drink a bottle in a crib. NO EXCEPTIONS!
- After heating breast milk, gently mix or swirl, DO NOT SHAKE.
- All bottles are to come in prepared and ready to drink for the day.
- Bottles are never to contain solid food or infant cereal unless a doctor supplies written instruction and a medical reason for doing so. NO EXCEPTIONS!
- After each feeding, a gauze pad will be used to wipe liquid from the babies teeth and gums, and then will be disposed of after use.
- Prior to offering any fluids from a sippy cup, parents and teachers will discuss if and when they are developmentally ready to use a cup.
- Juice or cows' milk, in any amount will not be offered to any child under the age of 12 months.

Infant Room Food & Feeding Policies & Procedures

- Solid foods (including purees) will not be offered to any infant under four months of age unless the parents have talked with the teachers, and the infant is developmentally ready.
- Infants need to be sitting up and holding their heads up without support before we will feed them solids.
- We ask that you please introduce foods at home first, before sending them to school for your child.
- All foods brought into the classroom should be labeled with your child's name, we ask that you put ice packs in with their food if it needs to stay cold, as the bottles take up most of the room in the small classroom refrigerator.
- All foods offered should be based on nutritional needs and developmental stages, parents are welcome to discuss best options based on the infant's age and developmental stage.
- In the infant room, food can be heated up in the microwave, but it must be in a glass container. Food CANNOT be warmed up in Zip-loc bags, plastic containers, or any container made of Styrofoam.
- **The infant classroom is a NUT FREE room.** This includes the following: peanuts, peanut butter, almond butter, cashew butter, macadamia nuts, pecans, hazelnuts, Nutella, or any other kind of spreads, cereals, or snacks that contain nuts of any kind.
- Any infant with known food allergies is to be kept away from problematic foods AT ALL TIMES. Allergies will be posted in the classroom.
- The following foods are NOT permitted in the infant classroom: hot dogs cut larger than ¼ inch, raw carrots, popcorn, raw peas, hard pretzels, whole grapes, or large pieces of meat.



Tongue Test - if you can mush the food with your tongue, then your infant can chew it with their gums! Typically, they can eat whatever you are eating.

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 hummus)
- Zucchini (steamed & cubed)

What Foods Can Baby Eat?

Food should be:

- Easy to pick up
- Cooked until soft enough to gum and chew
- Cut into long, thin slices, or soft, small pieces to prevent choking

Be sure baby can chew and swallow smooth and softer foods before moving on to chunkier or firmer foods.

Starting around 9 months to 2 years

finger foods

When is Baby Ready for Finger Foods?

Baby is ready to move to solid foods when he or she:

- Sits up without support
- Picks items up with finger and thumb
- Puts objects in mouth using hands
- Opens mouth to show he or she wants food
- Closes lips around spoon and swallows food

How Much Does Baby Need?

Start with a small amount of food, about 1-2 tablespoons, or just a few pieces. This helps limit how much baby puts in his or her mouth at one time and how much gets dropped on the floor. Offer more food as baby eats what is on the tray.

CANTALOUPE Diced	PEACHES Diced	PEARS Diced	KIWI Peeled and diced
APPLE Peeled and shredded	WATERMELON Diced	SWEET POTATO Peeled and cooked	AVOCADO Chopped
CHERRY TOMATOES Cut into quarters	MIXED VEGETABLES Cooked	PEAS Cooked	BROCCOLI Cooked and chopped
GREEN BEANS Cooked	CARROTS Well-cooked and cut into small pieces	ZUCCHINI Cooked	WHOLE WHEAT TOAST With baby food

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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.

