

## **INFANT PROGRAM**

### **THE BASICS**

- Infants must be 6 weeks old to be enrolled in the Infant Program.
- The program is offered Monday-Thursday 7:30 AM- 6:00 PM, Friday 7:30 AM-4:30 PM
- The state ratio is 1:5 or 2:11 but Chanen maintains a 1:3 ratio for Infants/Ones

### **CHANEN INFANT PROGRAM**

Our Infant Program effectively provides a safe, loving and stimulating environment where babies can grow and develop at their own rate. The program is unique in that classrooms can individualize focus on specific needs and wants of each child. Chanen's Infant Specialists create a warm and responsive atmosphere. Infants experience smiles, singing and stimulating interactions throughout their day. Caregivers will teach and facilitate sharing and caring through playing, holding, feeding, and face-to-face interactions. Your baby's developmental milestones are carefully monitored, and their physical development is enhanced by allowing them the freedom to move safely around the classroom.

Each baby follows their own (or parent-requested) schedule of eating, sleeping, and playing in the early months. Diapers are changed throughout the day as needed. The social and emotional development of each infant is of primary importance. When it becomes developmentally appropriate, independence is encouraged and soon infants are feeding themselves at the table and engaging in play.

The Infant Teachers specialize in personal one on one feedings, tummy time, meeting developmental milestones such as rolling over, reaching for toys, sitting and lots and lots of babbling! Staff working with older infants will also continue to challenge babies to reach new milestones. Introducing many new sensory activities, staff encourage babies to have as many hands-on experiences as possible. Through music, art, movement, and messy play, your baby will be exposed to many exciting language and sensory experiences. In both classrooms, teachers will support parents on this new journey of parenthood. They will be a wonderful sounding board and offer support and suggestions as babies are ready to try new foods, learn to use a sippy cup and change their sleeping patterns.

### **Younger Infant Program**

The younger infant program for ages 6 weeks to crawling focuses on meeting your infants' daily needs. During this time in their development, infants are making emotional connections through connections to their caregivers. Along

with meeting all their basic needs of feeding, sleeping, and general health, our infant specialists are working with infants on their physical development through tummy time, hand eye coordination and exploring their environment.

### **Older Infant Program**

Older infants are infants crawling to one and walking. So much development occurs during such a short period and our infant specialists are here to help guide you through all the amazing development happening. The infants are working hard on their physical development and our classroom is designed to give them multiple experiences to strengthen and show off their new skills. Infants in this program are slowly progressing to getting their nutrients from food and less from bottles. We work on finger feeding and exploration with utensils. As your child is trying new foods, the infant specialists will communicate any likes/dislikes or reactions to the food. Communication is very important as children are trying new foods. The teachers will have you updating the infant feeding instructions often on top of clear instructions on how and when to serve their food.

The older infants are also preparing to move to the one's room (transition room) once they are one and walking. Per licensing, a child must move out of an infant room when they are one and walking. See the attached transition letter which fully explains the transition process.

It is common during this time for infants to start to refuse bottles as they transition to food. The infant's specialist will work with you on when to increase food intake and decrease bottles. We will also be working on using sippy cups since bottles are not allowed in the transition room. Infants progress from 2 naps to 1 nap while in the older infants. Some infants naturally drop the morning nap while others need a little help as they prepare for the transition room. This is all a natural part of the transition to a one's room.

### **COMMUNICATION**

Infant Daily Logs detail baby's eating, napping, diapering, and activities. Parents are asked to fill out the top portion of the Log daily before dropping your child off. On the daily log please detail when they woke up, first ate and what they ate, and their first diaper change. Under feeding, please list what food and or bottles have been brought for the day.

Infant feeding instructions are mandatory forms that need to be updated by parents/caregivers whenever a new food is introduced or a change in feedings occurs. This form should have clear instructions on how to feed your child and when (how often).

While in the infant program, the procare engagement app is utilized for daily messages, incident reports, and pictures. As your child progresses to the one's program, you will use the app for notifications and communications regarding your child's day.

### **BOTTLES**

Infants must be held while drinking their bottles until they are able to sit upright in a feeding chair and drink the bottle independently. We do not allow infants to drink a bottle in a bouncy seat, crib or other inclined seats.

### **Food**

Please label all food containers with first and last name. When beginning solid foods, please bring them ready to serve. All food should be cut to appropriate sizes to ensure the child will not choke. We suggest preparing the food the same way for school as you would serve it at home.

### **SHOE FREE CLASSROOMS**

Infant rooms are a shoe free zone. Everyone is asked to either remove their shoes or use a shoe cover. Infant teachers may use classroom only shoes if they are only worn in the classroom. Staff may also wear no slip socks.

### **NAP TIME**

Chanen Preschool provides your baby with a crib only they will use throughout their day. Each Monday, parents will bring a sheet and sleepsack. Sheets will be sent home on Friday for washing and should be brought back the Monday.

### **SUPPLIES**

Please bring the following:

- Sealed Sleeve of Diapers
- Sealed Case of Wipes (communal)
- Formula or breast milk (additional frozen milk for supplementation if necessary is requested)
- Enough bottles each day with lids (label all pieces)
- Food (Infants receive only their family provided food items)
- Burp Cloths and Bibs
- 2 Crib sheets (note we use mini cribs, so pack n play size works best)
- 2 Sleep Sacks
- At least 2 changes of clothes (size appropriate and seasonal)

### **PLAY TIME**

The Infant Room is arranged to enable learning and exploration with safety first. Providing age-appropriate toys, infants enhance cognition and development together with both large muscle and fine motor skills. Through play, babies begin

to understand themselves, others, and the outside world. They also develop their ability to communicate.

### **DIAPER CHANGING**

The diaper changing area is separated from other areas. Diaper changing can be a treat when it comes with a special song or rhyme. During each diaper change disposable gloves are worn. Once the baby is changed, the diaper area is sprayed with soap solution followed by bleach water to clean and sanitize the area.

### **TUMMY TIME**

Your baby will have special “tummy time” multiple times daily. This will give your child the opportunity to stretch and work on their muscle tone. This activity is incorporated into the daily plan for your child. A staff member will always be sitting next to a child doing tummy time to ensure their safety.

### **OUTSIDE FUN**

Weather permitting, babies will have the opportunity to play outside. There are two six-seat canopied buggies, as well as an incredible covered infant playground with misters for the infants. We may take a walk to the playground to watch the older children play or just wheel around the schoolyard or even stop in to say hello to the Rabbis and Cantor. The babies love to go outside to feel the warm sunshine and get some fresh air!

### **JEWISH CURRICULUM**

Infants are exposed to Jewish music and Shabbat on Fridays. Chanen babies enjoy holiday celebrations and often create artwork relating to monthly Jewish value curriculum.

### **MEDICATION AT HOME AND SCHOOL**

If your baby is receiving any medication at home, especially for teething, please notify the staff when you bring your baby to school. It is imperative that we have this information should there be any type of side effects, or your baby just is not acting like him or herself.

### **TEETHING**

Teething does not cause fevers, but some teething babies may experience a slight rise in temperature around the time when they are teething. While they may show signs of irritability and crankiness, refuse the bottle (sucking hurts) or eat less and drool, symptoms such as diarrhea or excessive runny nose will be dealt with in the same manner as other sickness at Preschool.

## Older Infants Transition Guidelines

### **Solid Feedings**

The older infants eat lunch as a full class (around 11:30-12, depending on our day). This encourages social skills and provides ample opportunities for self care skills and language acquisition. Breakfast and snacks will be offered for children who bring breakfast and snack options. Under our teacher supervision, we encourage finger-style foods and invite all older infants to bring a bento-style lunch each day, and a water cup to practice with at the table.

- Purees will be served in a bowl with an infant appropriate utensil for the child to use and practice their feeding skills.
- Pouches will be handed to the infant for self-feeding.
- Other food will be offered on a sanitized table surface or on an infant-appropriate bowl

Finger-style food ideas:

- Beans
- Peas
- Soft fruit/boiled veggies (please prepare the way you would like for it to be offered)
- Soft bread
- Sunflower butter
- Soft meat (i.e. lunchmeat, roasted chicken)
- Soft cheese
- Cooked pasta
- Cheerios

*Please talk to your pediatrician if you have specific questions about your infant's individual feeding needs and development*

*Please remember, we are a pork-free, shellfish-free, and nut-sensitive school*

### **Bottles**

Older infants will be held by a teacher for bottle feedings, but we encourage infants to hold their own bottle while helping them to perfect the angle. When infants are able to safely and proficiently drink by themselves, they may be offered bottles at the feeding table.

### **Naps**

The older infants take naps as a group. We are a busy class and this allows us to do more activities that foster learning and motor development. During the school year, we work toward an approximate nap schedule of: **9am-10am** and **1pm-3pm**. The reasoning behind this schedule is to allow enough of a wake window in between naps while also allowing the option of a single nap schedule, from 1-3pm, in preparation and anticipation of the transition 1's classroom. If an infant is not tired during an offered nap time, we will monitor the child and accommodate at a later time as needed, on a case-by-case scenario. Children who outgrow the morning nap and only participate in the afternoon nap will either go outside to play, or work on sensory, glow-in-dark activities inside the classroom.



## Preparing for the Transition Younger Ones Room

Your child is approaching their first birthday! In preparation for the big move to the transition younger one's class, we want to review some important routines that we will be working on. It is our goal to make the transition from infants to ones as stress free as possible. The areas we will need to address are bottles, table foods and naps.

**Bottles:** Children start to naturally consume their calories through food and less from bottles. In the ones program they use transitional bottles or sippy cups. All students are encouraged to bring a sippy cup so we can provide water throughout the day. Milk or prepared formula can be provided with lunch in a sippy cup or transitional bottle as well. Children are also encouraged to hold their own bottles with teacher supervision and help with angles.

**Feeding:** Always talk to your pediatrician about your child's specific feeding goals. We are attaching a general guideline from the American Academy of Pediatrics for babies 8-12 months on balanced meals. In the ones, during the typical school day (9:00-3:00), the students have a Chanen provided am snack, lunch (provided by you or you can purchase a hot lunch), and a Chanen provided pm snack. Breakfast can be given in before care. The older infant room eats lunch around the same time as the ones (noon) followed by an afternoon nap. The older infants follow a flexible nap schedule of 9:00am-10:00am and 1:00pm-3:00pm. As children naturally begin to require less sleep throughout the day, we will let you know and eliminate the 9am nap.

**Naps:** It is very important to adapt your child's naptime to 1 nap a day. Infants are allowed to sleep whenever they are tired, but those who are ready to eliminate a morning nap will be given extra activities like a ones room. Once your child moves to the ones room, they will not be allowed to sleep in a crib. Unfortunately, licensing does not allow us to bring a mat into an infant room for the children to practice. We have found it to be a very easy transition for the children to go from a crib to a mat.

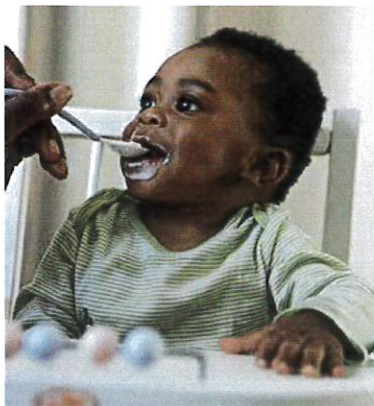
**Shoes:** Once your child is close to walking, we will have them practice wearing shoes. When they move up to the transition ones room, they are required to wear shoes. Your teacher will work with you on what type of shoes and when to start wearing them.



Nutrition

## When, What, and How to Introduce Solid Foods

### Did You Know?



For more information about how to know if your baby is ready to starting eating foods, what first foods to offer, and what to expect, watch these videos from [1,000 Days](#).

The Dietary Guidelines for Americans and the American Academy of Pediatrics recommend children be introduced to foods other than breast milk or infant formula when they are about 6 months old. Introducing foods before 4 months old is not recommended. Every child is different. How do you know if your child is ready for foods other than breast milk or infant formula? You can look for these signs that your child is developmentally ready.

Your child:

- Sits up alone or with support.
- Is able to control head and neck.
- Opens the mouth when food is offered.
- Swallows food rather than pushes it back out onto the chin.
- Brings objects to the mouth.
- Tries to grasp small objects, such as toys or food.
- Transfers food from the front to the back of the tongue to swallow.

## What Foods Should I Introduce to My Child First?

The American Academy of Pediatrics says that for most children, you do not need to give foods in a certain order. Your child can begin eating solid foods at about 6 months old. By the time he or she is 7 or 8 months old, your child can eat a variety of foods from different food groups. These foods include infant cereals, meat or other proteins, fruits, vegetables, grains,

yogurts and cheeses, and more.

If your child is eating infant cereals, it is important to offer a variety of [fortified](#) <sup>i</sup> infant cereals such as oat, barley, and multi-grain instead of only rice cereal. Only providing infant rice cereal can increase the risk for children to be exposed to arsenic. Visit the [American Academy of Pediatrics' Healthy Children website](#) <sup>u</sup> to learn more.

## How Should I Introduce My Child to Foods?

### Did You Know?

**Your child needs certain vitamins and minerals to grow healthy and strong.**

Now that your child is starting to eat food, be sure to choose foods that give your child all the vitamins and minerals they need.

Click here to learn more about some of these [vitamins & minerals](#).

Let your child try one single-ingredient food at a time at first. This helps you see if your child has any problems with that food, such as food allergies. Wait 3 to 5 days between each new food. Before you know it, your child will be on his or her way to eating and enjoying lots of new foods.

Introduce potentially allergenic foods when other foods are introduced.

Potentially allergenic foods include cow's milk products, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, and sesame. Drinking cow's milk or fortified soy beverages is not recommended until your child is older than 12 months, but other cow's milk products, such as yogurt, can be introduced before 12 months. If your child has severe eczema and/or egg allergy, talk with your child's doctor or nurse about when and how to safely introduce foods with peanuts.

## How Should I Prepare Food for My Child to Eat?

At first, it's easier for your child to eat foods that are mashed, pureed, or strained and very smooth in texture. It can take time for your child to adjust to new food textures. Your child might cough, gag, or spit up. As your baby's oral skills develop, thicker and lumpier foods can be introduced.

Some foods are potential [choking hazards](#), so it is important to feed your child foods that are the right texture for his or her development. To help prevent choking, prepare foods that can be easily dissolved with saliva and do not require chewing. Feed small portions and encourage your baby to eat slowly. Always watch your child while he or she is eating.

### Here are some tips for preparing foods:

- Mix cereals and mashed cooked grains with breast milk, formula, or water to make it smooth and easy for your baby to swallow.
- Mash or puree vegetables, fruits and other foods until they are smooth.
- Hard fruits and vegetables, like apples and carrots, usually need to be cooked so they can be easily mashed or pureed.
- Cook food until it is soft enough to easily mash with a fork.
- Remove all fat, skin, and bones from poultry, meat, and fish, before cooking.
- Remove seeds and hard pits from fruit, and then cut the fruit into small pieces.
- Cut soft food into small pieces or thin slices.
- Cut cylindrical foods like hot dogs, sausage and string cheese into short thin strips instead of round pieces that could get stuck in the airway.
- Cut small spherical foods like grapes, cherries, berries and tomatoes into small pieces.



Nutrition

## How Much and How Often To Feed

From 6 to 12 months old, breast milk and/or infant formula is still the main source of nutrition for your child, but solid foods will gradually begin to make up a bigger part of his or her diet. As you begin to give food to your child, it can be hard to know how much to give him or her to eat. Children's bellies are small and cannot hold a lot of food. Here are things to keep in mind:

- **Start small.** Give 1 or 2 tablespoons of food, and watch for [signs that he or she is still hungry or full](#).
- **Balance.** Solid foods are introduced over time and will gradually become a bigger part of his or her diet.
- **Feeding.** Give your child something to eat or drink about every 2 to 3 hours, or about 5 or 6 times a day. This will give your child about 3 meals and 2 to 3 snacks every day.

As your child gets older, he or she may eat different amounts of food each day. This is normal. Beginning around 12 months old, your child grows more slowly than when he or she was younger. Your child may even go a couple of days without eating much at all. Over the course of a week your child should get all of the foods and nutrients he or she needs.

Visit the [American Academy of Pediatrics](#)  for examples of serving sizes for your child.

If you are worried about how much or how frequently your child is eating, talk to your child's doctor or nurse.

### Did You Know?



**Your child needs a feeding routine.**

Regular mealtimes and snack times can give your child a routine. Avoid letting your child continuously eat or drink during the day.

To learn more, watch these [videos](#) from 1,000 Days.



Nutrition

## Foods and Drinks to Encourage

### Did You Know?



When your child is between 6 and 12 months, some types of foods and drinks are better for your child than others.

To learn more, watch these [videos](#) from 1,000 Days.

Healthy eating patterns your child starts now will help promote healthy habits in the future. It is important to provide foods that match your child's eating skills. At first, foods may need to be soft and mashed or bite-sized. Visit [Tastes and Textures](#) for more information.

## Encourage Your Child to Eat

Offer your child a variety of fruits, vegetables, whole grains, meats, and yogurt or cheeses. Make a rainbow of different colored foods on your child's plate. Here are a few examples:

- **Fruits:** bananas, strawberries, pears, oranges, melons, or avocados.
- **Vegetables:** cooked spinach, carrots, beans, peas, lentils, yams, or beets.
- **Whole grains:** whole grain breads, crackers, or pastas.
- **Proteins:** soft, small pieces of beef, lamb, chicken, fish, turkey, eggs, or tofu.
- **Dairy:** pasteurized cheeses or yogurts, including soy-based yogurt.

Once your child is 12 months old, he or she may be eating more of the foods that you eat. Eating a healthy diet sets a good example for your toddler. Continue to offer a variety of healthy options and allow your child to choose foods to eat.

## Encourage Your Child to Drink

When your child is between 6 and 12 months old, you can offer your child:

- **Water** (4 to 8 ounces per day).
- **Breast milk** (if you are still breastfeeding) or **infant formula**.

# \* Example \*

## INFANT FEEDING INSTRUCTIONS

Child's name: <b>John Q. Smith</b>	Date of birth: <b>7/25/2024</b>
<b>Feeding</b>	
Breastmilk, Type of Milk, or Formula: <b>Formula</b>	Bottle: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
If child is receiving breastmilk and supply of pumped milk runs out, what do you want staff to do?	
<b>Allergies</b>	
<input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes – Explain:
Does child have any problems with feedings, such as choking or spitting up? <input type="checkbox"/> No	
<input checked="" type="checkbox"/> Yes – Explain: <b>Please sit up right after bottle to avoid acid reflux</b>	
<b>Foods</b>	
Introduced: See Attached List on page 2.	
<b>Consistency:</b> <input checked="" type="checkbox"/> Puree <input type="checkbox"/> Junior <input checked="" type="checkbox"/> Table	
Food Likes: <b>crackers, puffs, banana</b>	Food Dislikes: <b>spinach, chicken</b>
<b>Method of Feeding:</b>	
Utensils used: <input checked="" type="checkbox"/> Cup <input type="checkbox"/> Fork <input checked="" type="checkbox"/> Spoon <input type="checkbox"/> Other:	
Explain: <b>We feed solids with a spoon, unless he can pick it up, i.e. puffs, crackers. Practices with sippy cup at every table meal.</b>	

### Feeding Schedules and Updates:

Date	Time	Foods	Amount	Time	Foods	Amount
7/28	every 3 hrs	formula	6 oz	1-2 x a day	puree / table food	1 container

Comments: <b>Eats food the way it is prepared and brought in.</b>	
Date: <b>6/28/24</b>	Parent's signature:

**Update as new foods are introduced or changes occur.  
Post in kitchen and activity area.**

**All feeding instructions must be retained for 12 months (centers).**

\* Update as new foods are introduced, \*  
with the date it was introduced.


**FOODS LIST**

Child's Name: John Smith

**Foods and dates introduced at home:**

VEGETABLES					
FOOD	DATE	FOOD	DATE	FOOD	DATE
Carrots	6/14	Squash	6/14		
Creamed Corn		Potatoes			
Creamed Spinach		Sweet Potatoes	6/14		
Green Beans					
Peas					
FRUITS					
FOOD	DATE	FOOD	DATE	FOOD	DATE
Apple Sauce	5/20	Prunes			
Bananas	5/12	Plums			
Peaches		Apple Strawberry			
Pears	5/20	Banana Strawberry			
Bananas w/Apples		Apricots			
Prunes w/Apples					
MEATS					
FOOD	DATE	FOOD	DATE	FOOD	DATE
Beef		Lamb			
Chicken	6/18	Ham			
Turkey	6/20	Veal			
MIXED FOODS					
FOOD	DATE	FOOD	DATE	FOOD	DATE
Veg/Ham		Mixed Turkey			
Veg/Bacon		Chicken Noodle			
Veg/Turkey		Lasagna			
Apples/Turkey		Spaghetti			
Apples/Chicken		Veg/Pasta			
Pears/Chicken					
CEREALS					
FOOD	DATE	FOOD	DATE	FOOD	DATE
Rice	4/10				
Oatmeal	4/15				
Mixed					

**COMMENTS and Additional Information:**

DATE: 6/28/24 SIGNATURE: 

All feeding instructions must be retained for 12 months (centers).