

DOMAIN 2: MOTOR DEVELOPMENT, PHYSICAL WELL-BEING, AND HEALTH			
SUB-DOMAIN: HEALTH			
NUTRITION AND FEEDING			
GOAL 24: CHILDREN EAT A VARIETY OF NUTRITIOUS FOODS.			
Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
Birth through 8 Months	Self-regulate food intake, and indicate hunger and fullness.	<ul style="list-style-type: none"> ▪ Breastfeeds, if appropriate for family preferences and circumstances. ▪ Bottle feeds (if family prefers or circumstances are indicated). ▪ Regulates the speed and intensity of eating. ▪ Shows facial expressions and body movements to indicate feelings of hunger and fullness. ▪ May experiment with tastes of pureed foods beginning at six months, with approval of the physician. ▪ Explores food with fingers. 	<ul style="list-style-type: none"> ▪ Provide an environment that is supportive of breastfeeding, to include provisions for storing milk, comfortable breastfeeding room for mothers as needed, and willing child care staff to support the child and mother. Breastfeeding is recommended by the American Academy of Pediatrics for a minimum of one year, when possible. ▪ Plan feeding times and practices around the individual cultural and feeding needs of the child whether the child is breastfed or bottle fed. ▪ Use a daily sheet for parents and caregivers to communicate with each other and provide a written record of what and how much the child eats at home and the center. ▪ Follow child's cues for feeding, and respond to those cues of hunger and fullness, rather than feeding only on a pre-determined schedule or amount. ▪ Offer appropriate finger foods as directed by health care provider, such as ready-to-eat cereals, soft or softened fruits, and vegetables.