

# CARE of the INFANT / TODDLER

**SAFETY is ALWAYS #1      KINDNESS is #2**

**FOLLOW ALL PRECAUTION CARDS CAREFULLY !**

**Feedings (may be done by SN or by family / client with SN supervision)**

**\*\* NOTIFY INSTRUCTOR OF DIET & FEEDING TIMES by 0730  
Suction before feedings, especially before 1<sup>st</sup> AM feeding**

**Typical diets <1y: breastmilk or formula**

4-6 mo.: start solid foods, especially infant cereals

~ 9 mo.: finger foods

12 mo.: 3 meals/d with snacks

15 mo.: ~15 ounces of milk (maximum) per day

full-fat milk until 2-3 y.; maximum 6 ounces juice/d (diluted)

never heat milk in microwave; always shake bottles & test on Mom's wrist

Serving size for 1-5 y.: 1 tablespoon/year of each food item

**Guidelines**

1. No PO feeds if RR > 60 breathes per minute
2. No feedings sooner than every 2-3 hours
3. Hold while feeding, with head up, observing suck, swallow & breathing
4. Burp every 30-45 ml.
5. Feedings usually 60-120 ml. (2-4 ounces)
6. Duration of feeding ~ 20-40 minutes
7. Do not allow infant to sleep during feeding
8. After 6 mo. infant should eat progressively more solids & less formula

**Temperature If < 36.°C (ax): not acceptable = need to problem-solve:**

Retake temp. / warm infant / notify RN or instructor / try another thermometer or route  
NO rectal temps without RN permission

If > 37.5°C (ax): take off blanket, cool cloth to forehead, notify RN

**Bathing / Hygiene (may be done by client/family with SN supervision)**

**It is expected by SCVMC Pediatric staff that daily hygiene will be done on day shift.**

Keep infant & children's faces clean

Check / change diapers every hour when infant awake; every 3 hours if asleep

Encourage washing hands after using urinal/bedpan/toilet etc. .... Hand them a wet washcloth

Encourage families to wash hands after changing diapers .... Demonstrate at the sink

Encourage washing hands before eating ..... Hand them a wet washcloth

**Keep baths safe, simple, warm, and fast; Wash / pat dry head & throat 1<sup>st</sup>, then wash/pat dry remainder of body, clean to dirty (diaper area last)**

Oral care on all clients with teeth; brush or wipe teeth with cloth after breakfast & lunch