	COUNTY OF SAN BERNARDINO PRESCHOOL SERVICES DEPARTMENT POLICY	NO. 01 ISSUE 1 PAGE 1 of 1 EFFECTIVE: 07-01-10 Updated
SUBJECT: Procedure for Nutrition Assessment of Infants/Toddlers (Birth to 23 months)		APPROVED: 10-09-10 BY: Ron Griffin, Director

PURPOSE

To promote child wellness by providing nutrition assessment and assisting families in meeting each child's nutritional needs.

POLICY

A nutrition assessment is conducted on all children who enroll in the Early Head Start/ Head Start programs. The assessment is updated regularly according to periodicity schedule (EPSTD).

REFERENCE

Head Start Performance Standards 1304.23 (a)

PROCEDURE

1. At the time of enrollment, the Home visitor will assist the parents with completing the age appropriate Nutrition Assessment survey (Birth -5 Months, 6-23 Months, and 2-5 YRS).

2. The Nutrition Assessment survey should be updated at the following intervals:
   - **Birth to 5 Month**: Updated **once.**
   - **6-23 Month**: updated **3** times. At 6 month, at 9 month, and once at 12 month
   - **24 -36 month**: updated **once** using COPA nutrition survey

3. Staff should explain that the information provided will be reviewed by the Home visitor and if the child is found to be at a nutritional risk, the survey will be reviewed by a Registered Dietitian and used to provide individualized follow-up, counseling and referrals. All information provided on the form is confidential. If there are any questions concerning the nutrition assessment you may refer them to the Registered Dietitian.

4. **Submit Referral to Nutritionist for the following concerns**:
   - Breastfeeding questions/ problems
   - If baby drinks anything beside formula or breast milk from a baby bottle e.g. Juice, cereal, etc
   - If a baby sleeps with a bottle
   - Food allergies
   - Texture modification request if the child is one year and older
   - Constipation/ diarrhea
   - Any growth concerns.