

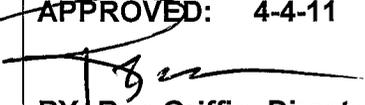


COUNTY OF SAN BERNARDINO
PRESCHOOL SERVICES DEPARTMENT
POLICY

NO. 01 ISSUE 1
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EFFECTIVE: 4-4-11
Updated

SUBJECT:
Procedure for Nutrition Assessment of
Infants/Toddlers (Birth to 23 months & 24-36 months)

APPROVED: 4-4-11


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 (EHS Nutrition survey for 0-23 months, and Child Nutrition Survey 2-5 YRS).
2. The Nutrition Assessment survey should be updated at the following intervals:
 - **Birth to 4 Month, 5- 8 Month, 9-11 month, and 1- 2 years**
 - **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