



**COUNTY OF SAN BERNARDINO  
PRESCHOOL SERVICES DEPARTMENT  
POLICY**

**NO. 01      ISSUE 1**  
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**EFFECTIVE: 07-01-10**  
Updated

**SUBJECT:**  
SOCIALIZATION MEALS 0-12 MONTHS

**APPROVED:** 10-20-10  
  
**BY: Ron Griffin, Director**

**PURPOSE**

Provide snacks and meals to each child during group socialization activities. Remember that infants from birth to twelve months need to be fed "on demand" to every extent possible. Infants should be fed when hungry, calm and wide-awake. For more information on bottle feeding refer to bottle feeding procedures.

**POLICY**

Mealtime socialization for 0-12 months Forms associated with this policy are: Infant Meal Count

**REFERENCE**

Head Start Performance Standards 1304.23 (b)(2), 1306.33 (c)(3)

**PROCEDURE**

Tips for successful socialization meals for infants transitioning to semi-solid or already eating solid foods:

**Before feeding:**

- Notify Food Service Worker (FSW) of any food allergies so appropriate substitutions can be provided.
- Wash hands.
- Place bib on infant.
- FSW will prepare any formula or foods and any semi-solid or solid foods. Select and or prepare appropriate foods for each infant's age and ability.

**During feeding:**

- If serving baby food from an unopened jar make sure the vacuum seal has not been broken. You should hear a pop when you open the jar.
- Do not use the baby food jar as a serving dish. Remove the amount you plan to feed the infant from the jar and put it in a serving dish.
- During infant meal times, do not use Styrofoam cups, plates and breakable disposable plastic utensils.
- Hold the spoonful of food about 12 inches away from the infant's face.

- Wait for the infant to see the food and open his/her mouth before you try to feed him/her.
- Allow the infant to set the pace of the feeding and feed as slowly or as fast as he/she wants to eat. The pace will probably be faster at first when the infant is hungry and as the infant becomes full the pace of the feeding will naturally become slower.
- Allow the infant to touch the food.
- Talk to the infant keep him/her company
- Stop when the infant signals that he/she is done. Signs that the infant may be finished include leaning back, turning the head away, shaking the head, clamping the lips shut or pushing the food away with their hands.

**After feeding:**

- Food Service Worker will record the time of the meal, the foods offered and the amount the child ate on the MPR.
- Throw away any leftovers in the infant's dish and/or bottle or cup.
- Wipe off infant's face and hands.
- Wipe off the infant's gums after feeding.
- Remove bib