



Early Childhood Center
Cardinal Nest Infants and Toddlers
Individual Care Plan

Dear Parents,

Attached is an *Individual Care Plan*. Community Care Licensing requires that we have this document on file and update it every 3 months. To provide the most current information, please complete all 4 pages of this form just prior to the start of school. Bring this completed *Individual Care Plan* with you for your private Meet and Greet where you will have an opportunity to review and discuss your responses with your teacher.

Thank you for your support. Your input is valuable and helpful as we work to provide your child with an excellent experience at St. John's!

Sincerely,

Susie Canchola
Early Childhood Division Principal

FEEDING AND EATING

Winter/Spring Updates

INFANTS:

My child is: (*circle one*) Breastfed Bottle Fed

If breastfeeding, will you come to the classroom to breastfeed? **Y / N** If so, at what time?

If not, will you send expressed breast milk? **Y / N**

If bottle-feeding, what kind of formula/milk do you use?

How much does your baby drink at one time?

Does your child drink water during the day? **Y / N**

Is your baby eating solid food? **Y / N** If so, which ones?

How much does your baby eat at one time?

How is your baby used to being fed? Can he/she self-feed?

Does your baby eat any finger foods? **Y / N** If so, which ones?

ALL CHILDREN:

What does your child drink?

List foods your child enjoys for:

Breakfast: Lunch: Snacks:

What foods does your child dislike? Any food consistency preferences?

Is your child **sensitive or allergic** to any foods? If so, please list them:

Are there any foods you don't want your child to eat?

INFANTS ONLY: FALL FEEDING SCHEDULE

<u>Type of Food</u>	<u>Amount</u>	<u>Time to Feed</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

INFANTS ONLY: WINTER FEEDING SCHEDULE

<u>Type of Food</u>	<u>Amount</u>	<u>Time to Feed</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

INFANTS ONLY: SPRING FEEDING SCHEDULE

<u>Type of Food</u>	<u>Amount</u>	<u>Time to Feed</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Winter Updates: *Note changes if any:*

Spring Updates: *Note changes if any:*

DRESSING

Winter/Spring Updates Below:

Is there anything special we should know about dressing and undressing your child?

SLEEPING

Winter/Spring Updates Below:

How will we know your child is tired and needs to sleep?

We put babies to sleep on their backs. Is your baby used to sleeping on his or her back? **Y / N**

What helps your child to fall asleep?

How does your child wake up? Does he or she wake up quickly or slowly?

Does your child like to be taken out of the crib/bed immediately or to lie alone for a few minutes before being held?

Spring Updates: *Note changes if any:*

INFANTS ONLY – DAYTIME SLEEPING SCHEDULE: What times does your child sleep and for how long?

Fall:		Winter:		Spring:	
<u>Time to sleep</u>	<u>Length of sleep</u>	<u>Time to sleep</u>	<u>Length of sleep</u>	<u>Time to sleep</u>	<u>Length of sleep</u>

DEVELOPMENT

Winter/Spring

(INFANTS): How does your baby like to be held?

(INFANTS): What are your child's most recent milestones? (rolling over, sitting up, crawling, walking)

What does your child like to do when awake?

Spring Updates: *Note changes if any:*

FAMILY INFORMATION

Winter/Spring Updates

Mom _____ Occupation _____

Dad _____ Occupation _____

Phone: Home _____ Mom Cell _____

Dad Cell _____ Pets _____

Siblings: _____ Age _____

_____ Age _____

_____ Age _____

Other Caregivers _____

Things our family enjoys doing:

Has there been a divorce in the family and are there any non-custodial parent issues the School should be aware of?

Are there other languages spoken at home? **Y / N** If so, which ones?

Winter Updates: *Note changes if any:*

Spring Updates: *Note changes if any:*

SPECIAL NEEDS

Winter/Spring Updates

Please tell us about any other special needs your child has and what we can do to offer our best assistance. Please update this section, if needed, at each conference.

Winter Updates: *Note changes if any:*

Spring Updates: *Note changes if any:*