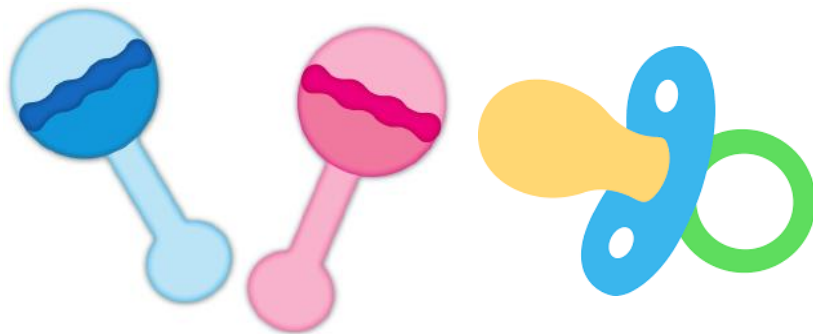




**Welcome to
the Infant
Room!**



Meet Our Infant Teachers!

****For the most part, our staffing is consistent. However, due to illness and/or vacation, other staff may fill in from time to time****

Meet Miss Tracy...My name is Tracy DeJulio. I started babysitting when I was twelve years old and have loved being in the child care field ever since. After graduating from Pennridge High School in 1984, I was a private nanny for a family with two small children. I then began working at TLC Child Care Center in 1989. For most of my time at TLC, I was the assistant teacher in the Pre-Kindergarten class. I have actually had the experience of working with each age group. In April of 2009, I earned a Child Development Associate Credential that required 120 hours of specialized training in early childhood education and is recognized by early childhood programs nationwide.

As a child care professional and advocate for young children, I strive to meet the individual needs of each child. It is important to nurture a child's social, physical, emotional and intellectual growth through fun play, in a safe and healthy environment. I enjoy working together with the support and involvement of families to reach each child's highest potential.

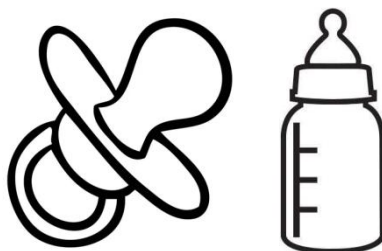
Meet Miss Julie...Hello!! I am so excited to be a part of the wonderful team you trust and love for your daycare provider and get to know you and your children. Here's a little background about me to start with, I left my healthcare career as a home health aide to start my journey in childcare. The best career change I ever made! I started my childcare journey in 2020 as a full time private nanny. From there, I began working at a daycare where I started in the infant room as the lead teacher and also had the pleasure of teaching Pre-K! I am currently in the process of obtaining my Associates for Child Development and am CPR certified.

Meet Miss Cathy... My name is Cathy Martin and I joined TLC in 2019 as an infant room assistant. I am currently a school bus driver for the Pennridge School District. I have been transporting and working with children since about 2005. Prior to my experience with children, I owned and operated a dairy farm in Maryland for 23 years. Working with children is not only rewarding, but beneficial to the soul. On a daily basis you think you are schooling them but in reality, they are teaching you and melting your heart.

I believe that every child is a sponge and they will follow by example. I am looking forward to getting to know your little ones as I build relationships with them and your families. I really look forward to spending some time with your babies as they are often the highlight of my day!

Meet Miss Dyann... I have worked with infants and toddlers for over 30 years. I believe the best way for a child to learn is through play. My favorite things to share with children are art and the joy of reading. I believe a child's imagination is a window into their soul. Miss Dyann is usually in the infant room for teacher lunch breaks and will occasionally fill in for staff absences/vacations. She started in June of 2022.

Infant Room Packing List



- 2 changes of weather-appropriate clothing (don't forget hats, gloves, socks, onesies, shoes, etc.)
- Bottles, cups, and food items for the day (all labeled with first and last name)
- Pacifiers/Nuks (labeled)
- Diapers
- Wipes (Full-Time: 3 packs per month with approx. 210 wipes per month; Part-Time: 2 packs per month)
- Diaper cream
- Favorite blanket or soft toy
- Sunscreen (in summer)

**TLC provides sheets, bibs, and burp cloths that we launder daily. You are welcome to provide your own if that is your preference

Follow this link for a great article to help understand how and when to feed your child for the first year:

<https://www.stanfordchildrens.org/en/topic/default?id=feeding-guide-for-the-first-year-90-P02209>

These charts are also in the article but are here for quick reference:

Guide for formula feeding (0 to 5 months)

Age	Amount of formula per feeding	Number of breast or formula feedings per 24 Hours	Maximum volume of formula per 24 hours
1 month	2 to 4 ounces	6 to 8 times	24 ounces
2 months	5 to 6 ounces	5 to 6 times	32 ounces
3 to 5 months	6 to 7 ounces	5 to 6 times	32 ounces

Feeding guide for the first year (4 to 8 months)

Item	4 to 6 months	7 months	8 months
Breastfeeding or formula	4 to 6 feedings per day or 28 to 32 ounces per day	3 to 5 feedings per day or 30 to 32 ounces per day	3 to 5 feedings per day or 30 to 32 ounces per day
Dry infant cereal with iron	3 to 5 tbs. single grain iron fortified cereal mixed with formula	3 to 5 tbs. single grain iron fortified cereal mixed with formula	5 to 8 tbs. single grain cereal mixed with formula
Fruits	1 to 2 tbs., plain, strained/1 to 2 times per day	2 to 3 tbs., plain, strained/2 times per day	2 to 3 tbs., strained or soft mashed/2 times per day
Vegetables	1 to 2 tbs., plain, strained/1 to 2 times per day	2 to 3 tbs., plain, strained/2 times per day	2 to 3 tbs., strained, mashed, soft/2 times per day
Meats and protein foods	1 to 2 tbs., strained/2 times per day	1 to 2 tbs., strained/2 times per day	
Snacks	Arrowroot cookies, toast, crackers	Arrowroot cookies, toast, crackers, plain yogurt	
Development	Make first cereal feedings very soupy and thicken slowly.	Start finger foods and cup.	Formula intake decreases; solid foods in diet increase.

Feeding guide for the first year (9 to 12 months)

Item	9 months	10 to 12 months
Breastfeeding or formula	3 to 5 feedings per day or 30 to 32 ounces per day	3 to 4 feedings per day or 24 to 30 ounces per day
Dry infant cereal with iron	5 to 8tbs. any variety mixed with formula	5 to 8 tbs. any variety mixed with formula per day
Fruits	2 to 4 tbs., strained or soft mashed/2 times per day	2 to 4 tbs., mashed or strained, cooked/2 times per day
Vegetables	2 to 4 tbs., mashed, soft, bite-sized pieces/2 times per day	2 to 4 tbs., mashed, soft, bite-sized pieces/2 times per day
Meats and protein foods	2 to 3 tbs. of tender, chopped/2 times per day	2 to 3 tbs., finely chopped, table meats, fish without bones, mild cheese/2 times per day
Starches	1/4-1/2 cup mashed potatoes, macaroni, spaghetti, bread/2 times per day	
Snacks	Arrowroot cookies, assorted finger foods, cookies, toast, crackers, plain yogurt, cooked green beans	Arrowroot cookies, assorted finger foods, cookies, toast, crackers, plain yogurt, cooked green beans, cottage cheese, ice cream, pudding, dry cereal
Development	Eating more table foods. Make sure diet has good variety.	Baby may change to table food. Baby will feed himself or herself and use a spoon and cup.

Starter Guide to Baby Food & Nutrition

Feeding Baby: 8 Eating Milestones

There are many baby development milestones when it comes to eating solid foods. Here are some of the big ones.

Baby Milestone 1: When They Can Start Solids

Most pediatricians, and the American Academy of Pediatrics, recommend introducing solid foods to babies at between four and six months of age. That's when they start to lose the "tongue-thrust reflex" or extrusion reflex, which is important for sucking the breast or bottle but interferes with feeding.

If your baby is around this age, can sit up well with support, and shows interest in the foods he sees you eating, it's probably a good time to make your first forays into feeding baby solid food.

Baby Milestone 2: When They're Ready to Move From Puree to Chunks

"Chunking up" babies' food is a process -- obviously, they shouldn't go straight from rice cereal to raisin bran. But after the first few weeks of adjusting to eating rather than just drinking his food, your baby should be ready to handle a little more texture in solid foods.

Introduce new textures slowly. Good starters are mashed bananas or mashed avocados. You can also use the "staged" store-bought baby foods -- going from the smooth puree of stage 1 to the slightly thicker stage 2 and then the chunkier stage 3. (Babies don't necessarily have to have a lot of teeth to handle more texture in their foods -- they can often gum soft foods very well!)

Baby Milestone 3: When They Can Sit in a High Chair

If babies are ready to eat solid foods -- in other words, they can sit upright with support and hold up their head and neck -- they're ready to sit in a high chair. The chair straps and the tray can be helpful or helping him staying in position if he needs some support.

Baby Milestone 4: When They Can Manage Finger Foods

Babies between 7 and 11 months old usually tell you they're ready to eat these foods by trying to grab them from you. But there's no harm in letting your baby try younger than this, if you're ready for a little cleanup.

At first babies "rake" food into their hand, but soon they develop the "pincer grasp" that allows them to pick up small objects between thumb and forefinger. At that point, your baby can become a pro at self-feeding!

Almost any food that is healthy and nutritious makes a good finger food, if it's cut small enough: diced pasta; small pieces of well-cooked vegetables such as carrots, peas, or zucchini; and pea-sized bites of chicken or soft meat. Small, unsweetened round cereals and cereal puffs are also a good choice.

Baby Milestone 5: When They Start Using Spoons

Almost as soon as babies adjust to being fed with a spoon, they're interested in it and want to grab that thing and shove it into their mouths themselves. That doesn't mean they're very good at it, of course!

Most babies don't learn to use a spoon effectively until after their first birthday, but that doesn't mean you can't let a younger baby who's interested give it a whirl for practice. Try giving him a soft-tipped spoon to hold while you feed him with another. He can get used to holding the spoon himself and will also be distracted from grabbing yours.

When you think he's ready to actually navigate the spoon into his mouth, try thicker, stickier foods like yogurt, mashed potatoes, or cottage cheese. Another tip: Put some cream cheese on the spoon and then a few pieces of o-shaped cereal on top. The cream cheese won't fly everywhere, and baby can get the experience of getting cereal into his mouth.

Expect a mess! Use a plastic or other waterproof bib, and put a mat under the high chair.

Baby Milestone 6: When They Can Try Highly Allergenic Foods

Some pediatricians still recommend waiting until children are one year old or older before offering them certain foods that are highly allergenic, like eggs or fish. But current research doesn't demonstrate any benefit to waiting past a certain age to introduce these foods unless you have a significant family history of food allergies or other reasons to believe your baby may be predisposed to them.

There is no evidence that introducing highly allergenic before one year makes children any more likely to be allergic to them, and the American Academy of Pediatrics now says it's fine to give these foods before one year. Many pediatricians are still very cautious about shellfish and peanuts, however, because allergic reactions to these foods can be particularly dangerous.

Baby Milestone 7: When They Can Drink Water

Babies do not really need any water during their first year. They get all the water they need from breast milk or baby formula. Babies under about 6 months of age should not be given any water at all because it's easy to fill up their tiny stomachs -- and they should be filling up on the nutrients they need to grow.

If your older baby shows an interest in water that you're drinking, there's no harm in letting him have a few sips. Just don't let it replace the nutritious breast milk or formula he should be getting.

Baby Milestone 8: When They Can Completely Feed Themselves

Mastering eating with utensils is a long process. Most babies do not become really skilled at it until well over a year. Encourage your child to practice, and again, be prepared for a little mess. (How else will you get the "oatmeal in the hair" pictures that will embarrass him years later?)

1 to 3 Month Developmental Age

A Child Is Growing!

- following moving objects with eyes
- carefully opening and closing hands
- swiping at dangling objects and grasping small objects if placed in hand
- smiling when played with
- making sounds such as "cooing"

You Can Help!

- Hang a mobile two feet in front of a child.
- Move a child to new places with stimulating views or to spots where there are people and activities to watch.
- Place a child on brightly colored spaces or near boldly colored or black and white objects.
- Put a small rattle into a child's hand.
- Smile and talk in a pleasing voice while holding, touching, and cuddling a child.

3 to 6 Month Developmental Age

A Child Is Growing!

- looking at hands and fingers
- reaching with arms and trying to hold objects
- seeming to know familiar things such as bottle, toys, and faces
- turning head toward sounds such as voices, rattles, and bells
- making babbling sounds like "ee, ih, uh, ah" and sometimes laughing or chuckling

You Can Help!

- Place a child in a variety of secure and stimulating places.
- Turn a child onto his back and give small, safe objects to hold.
- Hold a child in front of a mirror.
- Play music, sing, and speak to a child.
- Show pleasure at a child's first sounds and repeat them back.

6 to 9 Month Developmental Age

A Child Is Growing!

- rolling over in both directions
- sitting when placed in position and reaching out in a raking motion with hands
- beginning to creep on stomach and pushing with legs; perhaps rocking back and forth on knees
- reaching for, holding, and putting objects into mouth
- beginning to play simple games such as peek-a-boo
- looking at people and maybe responding to own name
- knowing strangers from familiar people and crying when parents go away
- putting objects into a container and taking them out, or stacking blocks and rings
- making sounds like "baba, gugu, didi"

You Can Help!

- Place a child in a brightly colored, safe play area.
- Provide fill-and-dump toys and soft blocks to stack up and knock down.
- Play peek-a-boo, clap hands, and roll balls to a child.
- Share toys that invite exploration of texture, color, and sound.
- Talk about what you are doing with a child, naming objects and foods.
- Expose a child to a variety of sounds.

9 to 12 Month Developmental Age

A Child Is Growing!

- pulling self to sitting or standing positions for short periods of time
- creeping or crawling, perhaps backwards at first
- picking things up with thumb and forefinger and examining them closely
- being intrigued with tiny things
- more deliberately stacking blocks and putting objects in and out of containers
- playing with family and caregivers and expressing love and affection
- knowing own name and understanding simple words
- paying attention to simple commands such as "no" and "give it to me"
- copying sounds such as clicking and coughing, and words such as "Mama," "Dadda," "Baba."

You Can Help!

- Provide safe and challenging play areas where a child can practice new skills.
- Provide a variety of toys, including rolling, stacking, nesting, and cuddle toys.
- Continue adult-child games and interaction.
- Provide a child with lots of love and attention, and always respond in a positive way to a child's gifts of love and affection.
- Point to and name objects in books such as people, animals, colors, and parts of the body.
- Use simple sounds and short sentences.

Reduction of SIDS and Sleep Apnea Risks



From CDC's website:

Human Milk Storage Guidelines

Type of Breast Milk	Storage Location and Temperatures		
	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best Up to 12 months is acceptable
Thawed, Previously Frozen	1–2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

Also for Breast Milk...

STORE

Label milk with the date it was expressed and the child's name if delivering to childcare.

Store milk in the back of the freezer or refrigerator, not the door.

Freeze milk in **small amounts of 2 to 4 ounces** to avoid wasting any.



When freezing leave an inch of space at the top of the container; breast milk expands as it freezes.

Milk can be stored in an insulated cooler bag with frozen ice packs for **up to 24 hours** when you are traveling.

If you don't plan to use freshly expressed milk **within 4 days**, freeze it right away.

THAW

Always thaw the oldest milk first.

Thaw milk under lukewarm running water, in a container of lukewarm water, or overnight in the refrigerator.

Never thaw or heat milk in a microwave. Microwaving destroys nutrients and creates hot spots, which can burn a baby's mouth.

Use milk **within 24 hours** of thawing in the refrigerator (*from the time it is completely thawed, not from the time when you took it out of the freezer*).

Use thawed milk **within 2 hours** of bringing to room temperature or warming.

Never refreeze thawed milk.



FEED

Milk can be **served cold, room temperature, or warm.**

To heat milk, place the sealed container into a bowl of warm water or hold under warm running water.

Do not heat milk directly on the stove or in the microwave.



Test the temperature before feeding it to your baby by putting a few drops on your wrist. It should feel warm, **not hot.**

Swirl the milk to mix the fat, which may have separated.

If your baby did not finish the bottle, leftover milk should be used **within 2 hours.**

CLEAN

Wash disassembled pump and feeding parts in a clean basin with soap and water. **Do not wash directly** in the sink because the germs in the sink could contaminate items.

Rinse thoroughly under running water. Air-dry items on a clean dishtowel or paper towel.

Using clean hands, store dry items in a clean, protected area.

For extra germ removal, sanitize feeding items daily using one of these methods:

- clean in the dishwasher using hot water and heated drying cycle (*or sanitize setting*).
- boil in water for 5 minutes (*after cleaning*).
- steam in a microwave or plug-in steam system according to the manufacturer's directions (*after cleaning*).



June 2019



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

FOR MORE INFORMATION, VISIT:
<https://bit.ly/2dxVYLU>