

Caring Connections: Let's Talk About **Nourishment**

Information Sheet

Podcast 2, Caring Connections, Let's Talk About Nourishment

This Month's Topic: Nourishment

Description: Feeding practices for infants and young children can vary greatly and are deeply rooted in relationships. This Podcast suggests that a child's need for nourishment should be supported in an individualized way, respecting family and community foodways.

Resources Referred to in this Podcast:

Early Head Start National Resource Center (EHS NRC) website:
[http:// www.ehsnrc.org](http://www.ehsnrc.org)

Early Childhood Knowledge and Learning Center (ECLKC) <http://eclkc.ohs.acf.hhs.gov>

Little Voices for Healthy Choices was a year-long initiative funded by the Office of Head Start to explore the areas of music, movement, brain development, nutrition and sleep as they relate to the 0-3 period. To view the Webinar, "Beyond Bottles and Baby Food" or additional webinars and resources produced as part of the initiative year, use the following link to the EHS NRC website. <http://www.ehsnrc.org/Activities/littlevoices.htm>

Please note that the video clip of infant "Eleanor" breastfeeding is taken with permission from copyright © ZERO TO THREE (2007). Learning happens (DVD).
www.zerotothree.org

Head Start Program Performance Standards Relevant to the Content in this Podcast:

1304.23 Child nutrition.

(a) Identification of nutritional needs. Staff and families must work together to identify each child's nutritional needs, taking into account staff and family discussions concerning:

(1) Any relevant nutrition-related assessment data (height, weight, hemoglobin/hematocrit) obtained under 45 CFR 1304.20(a);



(2) Information about family eating patterns, including cultural preferences, special dietary requirements for each child with nutrition-related health problems, and the feeding requirements of infants and toddlers and each child with disabilities (see 45 CFR 1308.20);

(3) For infants and toddlers, current feeding schedules and amounts and types of food provided, including whether breast milk or formula and baby food is used; meal patterns; new foods introduced; food intolerances and preferences; voiding patterns; and observations related to developmental changes in feeding and nutrition. This information must be shared with parents and updated regularly; and

(4) Information about major community nutritional issues, as identified through the Community Assessment or by the Health Services Advisory Committee or the local health department.

If you do not have a copy of the Head Start Program Performance Standards and would like to view them electronically, you can use the following link to the ECLKC:

<http://eclkc.ohs.acf.hhs.gov/hslc/Head%20Start%20Program/Program%20Design%20and%20Management/Head%20Start%20Requirements/Head%20Start%20Requirements>

