

Action Plan:

Communicating with your child care providers

Use this checklist to carefully plan and guide your conversation with your child care provider. Make sure to use this guide with all of the people who help care for your baby including older siblings, grandparents, and friends.

Understanding baby cues

If you need to help them learn more about baby cues, consider using the resources from the **Understanding Your Newborn: Sleep, Crying, and Cues** lesson.

Recognizing cues

Take the time to make sure each of your care providers understands how to recognize and respond to your baby's cues.

- "I want to be near you" resource and video
- "I need something to be different" resource and video

Feedings

Share your wishes regarding feeding on cue vs. scheduled feedings and the importance of recognizing and responding to your baby's cues.

- Hunger cues resource and video
- Fullness cues resource and video
- Paced bottle feeding resource and video

Safe handling of human milk

- Set up a plan for safely transporting and storing your human milk.

How I will transport human milk to my provider:

Where my provider will store the human milk:

- Do you want the human milk heated before feeding?
If yes, how do you expect your provider to heat the human milk?

Safe handling of bottles

- What are your expectations for safely cleaning your baby's bottles?

Will you be combo feeding?

If you will be using both human milk and formula to meet your baby's needs while you are away, be sure your provider knows your expectations.

When to use human milk: _____

When to use formula: _____

Safe sleep

- Where will your baby sleep while in the care of others?

- Do your care providers understand and follow the **ABCs of Safe Sleep**?

- A**lone - no blankets, pillows, bumper pads, stuffed animals, toys, pets
- B**ack - every time, day and night
- C**rib - use a tight fitting sheet