



## Infant Nutrition Video Study Guide

*A review of the training video qualifies the participant for the 0.25 hour training credit.*

*A completed study guide attached to the training certificate will qualify the participant for the 0.5 hour training credit.*

During the introduction to this video the narrator, Mallory, stated “...as a child care provider, you support the healthy eating habits of the infants in your care....”

Based on the information presented in this video, discuss the following points with your supervisor or trainer.

1. Review the infant nutrition and feeding policies and procedures for your program. Discuss your program’s policies and procedures with your trainer or more experienced staff member to ensure you feel you are ready to implement these policies and procedures in your program. Compare and contrast the information presented in this video with the information currently in place in your program. List one practice that could be added to your program OR list how you can improve one practice already in place.
2. The narrator presented a list of foods that could be dangerous to feed to infants. Discuss these items with your trainer or a more experienced staff member and create a list of alternative foods that you could safely offer to infants in place of these foods. Does your program include a list of foods that are not to be offered to infants?
3. Rhiannon discussed the importance of maintaining a one-on-one feeding experience for infants. Discuss how you can provide this type of feeding experience in your infant program and then list the main points.
4. Nina discussed some ideas for feeding an infant with special needs. If an infant with an identified special need were to enroll in your program, how would you make sure this infant’s needs are met? Describe the plan.



ARIZONA DEPARTMENT  
OF HEALTH SERVICES



# **EMPOWER PACK PROGRAM INFANT NUTRITION VIDEO**

*Name of Participant:* \_\_\_\_\_

*Date of training:* \_\_\_\_\_

*The participant listed above completed a review of the Infant Nutrition Video and is receiving credit for 0.25 (1/4) hour of training.*

*If the Study Discussion Guide is completed and attached, the participant may receive a total credit for 0.5 (1/2) hour of training.*

*Total training time:* \_\_\_\_\_ *hr.*

*Supervisor/Trainer Signature (required):* \_\_\_\_\_