Infant Care

Feeding, bottles, sleep, and daily reports for babies

Effective: September 2026 | Reviewed Annually

At Country Lane Early Learning, we understand that infants require individualized attention, nurturing care, and a safe environment to support their growth and development. Our infant care program is designed to provide loving, responsive, and developmentally appropriate care while partnering closely with families during these important early years, consistent with Utah childcare licensing infant and toddler care standards (R430-90-24).

Safe Sleep Practices

- The safety and well-being of infants during sleep is one of our highest priorities.
- Infants are always placed on their backs to sleep unless otherwise directed in writing by a physician.
- Cribs meet current childcare licensing and safety standards.
- Infants are monitored regularly during sleep through visual checks and approved monitoring practices.
- Safe sleep guidelines are followed at all times to help reduce sleep-related risks.
- Soft bedding, pillows, stuffed animals, and loose items are not placed in infant sleep spaces unless approved according to licensing or medical guidelines.

Screen-Free Infant Environment

- Infants are not exposed to television, phones, tablets, or other screen devices while in care, consistent with our Physical Activity Policy (E-12) and Utah licensing screen time standards (R430-90-18).
- Our focus is on meaningful interaction, sensory exploration, communication, and responsive caregiving experiences.
- Hands-on activities, music, books, talking, and personal interaction help support healthy brain development during infancy.

Development & Learning Activities

- Infants are provided daily tummy time opportunities while awake and supervised to support strength and motor development.
- Books, songs, talking, and interactive play are incorporated throughout the day to encourage language development and early learning.
- Infants are given opportunities to safely explore their surroundings through age-appropriate activities and sensory experiences.
- Outdoor time, fresh air, and stroller walks are provided when weather conditions safely allow.
- Caregivers respond to infants with warmth, eye contact, conversation, and nurturing interactions

throughout the day.

Feeding & Individualized Care

Each infant is cared for according to their individual feeding, sleeping, and developmental needs.

- Infants are fed according to their individual schedules and hunger cues.
- Bottle feeding is provided in a calm, nurturing, and responsive manner.
- Infants are always held during feedings. Bottles are never propped.
- Families are encouraged to communicate regularly regarding feeding routines, preferences, allergies, and developmental changes.

Family Communication & Partnership

- Open communication between families and caregivers is encouraged and valued.
- Families will receive updates regarding feeding, sleeping, diapering, and daily activities through Totter.io Care Pro.
- We strive to create a warm, trusting, and supportive environment where infants feel safe, loved, secure, and cared for each day.

Questions & Program Contact

Questions about infant routines, feeding, or safe sleep practices may be directed to: Sara Kingston, Program Coordinator/Director, sara@countrylaneearlylearning.com, (435) 255-8499.

Our goal is to provide a nurturing infant environment that supports healthy development, emotional security, positive early experiences, and strong caregiver relationships during this important stage of life.