

## 9L 4: HANDOUTS FOR CAREGIVERS AND COMMUNITIES – POSITIONING CHECKLISTS



### FEEDING POSITIONING CHECKLIST FOR THE CHILD 0-6 MONTHS OLD

Follow these positioning guidelines when feeding babies 0-6 months old to decrease the risk of aspiration, illness and to increase safety and comfort during feedings.

#### AT 0-6 MONTHS A BABY'S:

head is centered and in midline position

body is swaddled (0-4 months)

chin is slightly tucked forward

shoulders are naturally rounded

body is supported firmly by a caregiver's body, arms and chest

hips should be lower than their head





## FEEDING POSITIONING CHECKLIST FOR THE CHILD 6 MONTHS AND OLDER

Follow these positioning guidelines when feeding children 6 months and older to decrease the risk of aspiration and illness and to increase safety and comfort during feedings.

### AT 6 MONTHS AND OLDER A CHILD'S:

- hips should be positioned at 90-degrees and lower than the head

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- body (trunk) should be upright and well supported by caregiver's body or chair – not leaning forward, backward or to either side

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- shoulders should be level and facing forward

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- head is centered and in midline, neutral position with chin slightly tucked

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- knees should be at a 90-degree angle

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- feet flat on floor, foot rests or against caregiver's body

