

## 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

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body is swaddled (0-4 months)

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chin is slightly tucked forward

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shoulders are naturally rounded

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

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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

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

shoulders should be level and facing forward

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

knees should be at a 90-degree angle

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

