

All about me



First name Last Name

Preferred name Date of birth

Siblings

Language/s Identity*

*optional

FEEDING

I am currently feeding on:

☐ Breastmilk ☐ Formula ☐ Both ☐ Cows milk (>12 months)

I am currently fed using:

☐ Breast ☐ Bottle ☐ Both ☐ Cup

Feeding times:

If anything changes with my feeding my parents/guardian will:

If I run out of expressed breastmilk, please follow the instructions below:

My mum/carer would like to:

☐ Attend the centre to feed ☐ Provide infant formula
☐ Supply expressed breastmilk ☐ Other.....

You can support my feeding by:

☐ Allowing a quiet space ☐ Providing a couch/chair ☐ Other.....
☐ Using cushions ☐ Playing soft music

Signs I'm hungry:

☐ Side to side head movements ☐ Stretching
☐ Hands to mouth ☐ Mouth movements
☐ Crying ☐ Other.....



Good for Kids
Good for Life



All about me



EATING

I am currently eating:*

☐

Infant cereal

☐

Pureed

☐

Minced

☐

Finger foods

☐

Other

*Recommend to commence food from about 6 months of age

I like to:

☐

Feed myself

☐

Have help

☐

Both

☐

Other

Dietary restrictions/allergies/food preferences:

SLEEPING AND SETTLING

For sleeping, I like to be:

☐

Wrapped

☐

In a sleeping bag

☐

With my comforter

☐

Other

Once I am in my cot, I like to:

☐

Self-settle

☐

Be gently rocked

☐

Softly patted

☐

Rubbed

☐

Other

Sleeping times:

Signs I'm tired:

☐

Yawning

☐

Jerky arm and leg movements

☐

Quieten down

☐

Grizzling/crying

☐

Cuddly/seeking comfort

☐

Other.....

Extra information about my sleeping:



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All about me



PLAYING

I can currently:

☐

Lay on tummy

☐

Roll over

☐

Sit with support

☐

Sit unsupported

☐

Crawl

☐

Pull up to stand

☐

Walk

☐

Climb

Activities I like:

☐

Books

☐

Music

☐

Blocks

☐

Puzzles

☐

Drawing

☐

Painting

☐

Water play

☐

Outside activities

Things I don't enjoy:

FAMILY

Special people in my family:

Parents/
Guardians

Siblings

Other

As a family, we like to:

Religion,
beliefs and
practices

