Get the best feeding plan.
Show your providers your feeding timeline to highlight what your child needs.

2. Update the Patient Timeline under My Child.
3. Start every appointment by reviewing your timeline.

With Inside Out Care, you can:
• Meet families who have been on your path
• Get real-life advice and support from parents and experts
• Read about children who are learning to eat by mouth
• Access checklists and how-to's
3-Day Food Diary

2. Update the Patient Diary under My Child.
3. Start every appointment by reviewing your food diary.

Instructions
1. For 3 days in a row, record all food and drinks your child ate.
2. Include a description of the meal and your best guess at portion size/volume eaten.
3. Tip: 1 bite ≈ 5mL.

Describe your food.

What are you feeding: breastmilk, formula, other? If formula, what is the brand? (e.g. Similac NeoSure with Iron, etc.)

Describe your formula recipe (e.g. how you mix it, what you add, etc.):

<table>
<thead>
<tr>
<th>Day / Time</th>
<th>Meal Description</th>
<th>Volume (mL)</th>
<th>Mouth</th>
<th>Tube</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 4pm</td>
<td>Gerber Applesauce #2</td>
<td>30 mL</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday 7pm</td>
<td>Similac Formula</td>
<td>120 mL</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Food Diary

Circle top concerns to discuss with your doctors and providers: