

411 Inappropriate Nutrition Practices for Infants (I)

411.1 Inappropriate Breast/Formula Substitutes

Description • Often uses substitute for breast milk or formula as main milk source:
 ○ Low-iron formula, cow, goat, evaporated milk, or other “homemade concoctions”

Assess Readiness for Change: with open ended questions

- “Why did you decide to give Sam xx (low-iron formula) instead of his usual formula?”
- “How does the Dr feel about changing formula?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready → “Sam is constipated. I changed because iron is constipating.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “That is a common belief. But, it actually contains some iron too. It is not iron free and has not been found to be more constipating. What changes have you noticed since you changed formula?” • “What other things have you tried for constipation?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because he is on low iron formula. Low iron formula does not provide enough iron and can lead to iron deficiency. WIC does not provide low iron formula so we need to talk about optional formulas. What did the Dr say about his constipation?”
Record Plan or Goal	Mom determined to use low-iron. WIC unable to provide. Offered other options. Referred to Dr. One month with iron issued.	
<p>Unsure → “My whole family has a history of not tolerating iron. I’m anemic, I can’t take iron either.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “What kind of problems does the iron cause your family?” • “How did you decide it was the iron that was causing the problem?” • “On a scale of 1-10, how willing are you to try regular formula again?” • “How can I help you as WIC is not allowed to give low iron formula?” 	<ul style="list-style-type: none"> • Formula or breast milk is recommended for first 12 mo • Address reasons for substitution (i.e. constipation) • Asses & monitor weight gain • Offer suggested substitution (if to change formula) • <i>Knowledge: low iron formula leads to iron deficiency (affects learning & behavior); cow’s milk is low in iron, can cause hidden blood loss & puts stress on kidneys; evap and goat low in needed nutrients</i>
Record Plan or Goal	Mom convinced all family has iron issues. Due to money will take formula. Referred to Dr. Check status next appointment.	
<p>Ready → “Sam has been colicky; it was my last resort, suggested by a friend.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “Some babies are more colicky. That must be stressful. You said this was your last resort, what else have you tried for the colic?” 	<ul style="list-style-type: none"> • “It sounds like you tried the common remedies for colic. WIC can’t give low iron formula. How would you feel about contacting your Dr, as the fussiness could be caused by something else like an infection or allergy?”
Record Plan or Goal	Mom has not contacted Dr yet for colic. Explained WIC iron formula rules. One month issued. Referred to Dr.	

Education Resources	<p>http://aappolicy.aappublications.org/cgi/content/full/pediatrics;104/1/119 Reference- AAP policy statement iron</p> <p>http://www.hss.state.ak.us/dpa/programs/nutri/downloads/EducationMaterials/HighRiskCaseStudies/QA32.pdf Resource- AK QA evaporated milk</p>
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