

411 Inappropriate Nutrition Practices for Infants (I)

411.10 Excess Vit/Mineral/Herb Supplements

Description • Feeding potentially harmful supplements (above recommended levels may be toxic):
 ○ Such as single or multi-vitamins, mineral supplements & herbal or botanical supplements, remedies or teas

Assess Readiness for Change: with open ended questions

- “You give Sam xx (i.e. xx tea). Why do you give him xx (i.e. xx tea)?”
- “How did you decide the xx (i.e. xx tea) should be given?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready → “I give it for colic. My mom gave it to us as kids.”</p> <p>Raise awareness & personalize change</p> <p>Record Plan or Goal</p>	<ul style="list-style-type: none"> • “It can be hard sometimes to decide what is best for your baby. What does your Dr think about using tea?” • “Where do you get your tea?” <p>Use of tea is Hispanic and family cultural. Mom feels acceptable. Made aware of risks. Plans to continue use.</p>	<ul style="list-style-type: none"> • “Sam is eligible for WIC because xx (i.e. xx tea) can be harmful to infants. Some teas cause reactions like jitters, vomiting and even seizures or liver damage. How would you feel about trying other things to reduce the colic?”
<p>Unsure → “It is the first time I used it. My friend suggested it because Sam was getting a cold.”</p> <p>Raise awareness & confidence & identify barriers to change</p> <p>Record Plan or Goal</p>	<ul style="list-style-type: none"> • “How familiar are you with the side effects xx (i.e. tea remedy) can cause?” • “On a scale of 1-10, how comfortable are you using the xx (i.e. tea)?” <p>Friend recommended tea. Warned of side effects. Mom says will discontinue use. Follow-up next appointment.</p>	<ul style="list-style-type: none"> • Be sensitive to cultural preferences • Offer information on risk of remedy/supplement • Products may contain toxins, interfere w/ medications, side effects from vomiting to liver damage • Some harmful teas: wormwood, chamomile, star anise, yerba Buena, licorice, comfrey leaves, foxglove, yohimbe bark, gotu kola, buckhorn bark
<p>Ready → “It was in the store with the baby products so I thought it would be ok for his colic.”</p> <p>Help plan change-support</p> <p>Record Plan or Goal</p>	<ul style="list-style-type: none"> • “They do sell a lot of products. Our concern is that some teas and herbal remedies can cause severe reactions in infants. Have you noticed any changes in Sam since giving the tea?” <p>Mom unaware of risk. Will discontinue tea. Will try other methods to help with colic. Follow-up colic next appointment.</p>	<ul style="list-style-type: none"> • "Let me pull out the xx (i.e. <i>PRD for Herbal Supplements</i>) and we can look up the tea.” • “How do you feel about continuing to use the tea now that we have talked about some of the problems it can cause?”

Not ready →
 “I give it for colic. My mom gave it to us as kids.”

- “It can be hard sometimes to decide what is best for your baby. What does your Dr think about using tea?”
- “Where do you get your tea?”

- “Sam is eligible for WIC because xx (i.e. xx tea) can be harmful to infants. Some teas cause reactions like jitters, vomiting and even seizures or liver damage. How would you feel about trying other things to reduce the colic?”

Raise awareness & personalize change

Record Plan or Goal Use of tea is Hispanic and family cultural. Mom feels acceptable. Made aware of risks. Plans to continue use.

Unsure →
 “It is the first time I used it. My friend suggested it because Sam was getting a cold.”

- “How familiar are you with the side effects xx (i.e. tea remedy) can cause?”
- “On a scale of 1-10, how comfortable are you using the xx (i.e. tea)?”

- Be sensitive to cultural preferences
- Offer information on risk of remedy/supplement
- Products may contain toxins, interfere w/ medications, side effects from vomiting to liver damage
- Some harmful teas: wormwood, chamomile, star anise, yerba Buena, licorice, comfrey leaves, foxglove, yohimbe bark, gotu kola, buckhorn bark

Raise awareness & confidence & identify barriers to change

Record Plan or Goal Friend recommended tea. Warned of side effects. Mom says will discontinue use. Follow-up next appointment.

Ready →
 “It was in the store with the baby products so I thought it would be ok for his colic.”

- “They do sell a lot of products. Our concern is that some teas and herbal remedies can cause severe reactions in infants. Have you noticed any changes in Sam since giving the tea?”

- "Let me pull out the xx (i.e. *PRD for Herbal Supplements*) and we can look up the tea.”
- “How do you feel about continuing to use the tea now that we have talked about some of the problems it can cause?”

Help plan change-support

Record Plan or Goal Mom unaware of risk. Will discontinue tea. Will try other methods to help with colic. Follow-up colic next appointment.

Education Resources http://www.nationalchildrensstudy.gov/research/workshops/Pages/herbal_122003.aspx Resource- *Use of herbal products*
http://dietary-supplements.info.nih.gov/health_information/information_about_individual_dietary_supplements.aspx Resource- *Office Dietary Supplements (repeat source)*