### Inappropriate Nutrition Practices for Infants (I)

#### 411.11 Inadequate Dietary Supplements

<table>
<thead>
<tr>
<th>Description</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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<td>Often not providing supplements recommended as essential:</td>
<td>• “Yes, breast is best. The main source of vitamin D for breastfed infants is sunshine. Breast milk does not contain large amounts of Vit D. Living in Alaska; sun exposure is lower so supplements are recommended to prevent rickets. What do you know about rickets?”</td>
<td>• “Sam is eligible for WIC because he does not take a (or enough) Vit D supplement. To prevent low Vit D, it is recommended Sam take a supplement. Here is handout explaining use of Vit D. How does starting the drops sound to you?” (If current State policy/funds allow, provide Vit D drops).</td>
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#### Assess Readiness for Change:
with open ended questions

- “What have you heard about the new recommendations for vitamin D supplements for infants?”
- “What concerns do you have about giving vitamin D supplements to Sam?”

#### Discussion, Counseling and Education

- **Not ready**
  - “I’m breastfeeding and that is the healthiest for Sam so I want to keep breastfeeding.”
  - Try Counseling Strategies
  - “Yes, breast is best. The main source of vitamin D for breastfed infants is sunshine. Breast milk does not contain large amounts of Vit D. Living in Alaska; sun exposure is lower so supplements are recommended to prevent rickets. What do you know about rickets?”
  - Try Education
  - “Sam is eligible for WIC because he does not take a (or enough) Vit D supplement. To prevent low Vit D, it is recommended Sam take a supplement. Here is handout explaining use of Vit D. How does starting the drops sound to you?” (If current State policy/funds allow, provide Vit D drops).

- **Unsure**
  - “Since I give him some formula I thought he was getting Vit D.”
  - Try Counseling Strategies
  - “Yes, Vit D is added to formula but unless an infant drinks about 1 quart a day it does not provide enough. How long do you plan to continue breastfeeding as you are?”
  - “On a scale of 1-10, how committed are you to continue breastfeeding without adding more formula?”
  - Try Education
  - Breast is best- milk doesn’t contain adequate Vit D
  - Vit D added to formula- but infant needs additional Vit D unless consumes >1 quart formula daily
  - Instruct on use of Vit D supplement:
    - Vit D started at 6wks of age
    - Do not give second dose if spits out
  - If stock available may give to Medicaid/DKC infants
  - If water for formula fluoridated check with Dr prior

- **Ready**
  - “I heard WIC had Vit D they could give me?”
  - Try Counseling Strategies
  - “We do, depending on funding. Unfortunately we don’t have any currently. I can give you a handout on using Vit D. Medicaid and DKC will cover it. How would you feel about obtaining it through them?”
  - Try Education
  - “Yes, the drops are available over the counter if you would prefer to do that. What other questions do you have on giving Vit D?”

#### Record Plan or Goal

- **Mom unaware of need for Vit D. Accepted handout and will start using. Follow-up on breastfeeding next appointment.**

- **Mom Bf & formula (only 8oz/day). Says will start Vit D. Check formula volume & need for D next appointment.**

- **No Vit D in stock. Mom to get on own. Took Vit D handout. Review use next appointment.**

#### Education Resources

- [http://pediatrics.aappublications.org/content/122/5/1142.full](http://pediatrics.aappublications.org/content/122/5/1142.full) Resource- AAP Vit D Policy Statement (rev policy 111 (4): 908)
- [http://www.healthychildren.org/English/healthy-living/nutrition/Pages/Vitamin-D-On-the-Double.aspx](http://www.healthychildren.org/English/healthy-living/nutrition/Pages/Vitamin-D-On-the-Double.aspx) Resource- Vit D (AAP)
- [http://www.nal.usda.gov/wicworks/Sharing_Center/NH/VitDNH.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/NH/VitDNH.pdf) Handout- Vitamin D Is An Important Vitamin (NH WIC)