

411 Inappropriate Nutrition Practices for Infants (I)

411.3 Inappropriate Complementary Foods

Description • Often offers solid foods that are an inappropriate type or offered at inappropriate age:
 ○ Adding sweets (sugar/honey) to water/beverages, giving solid food before 6mo (age solid intro changed from 4mo to 6mo with new packages)

Assess Readiness for Change: with open ended questions

- “You are giving Sam xx (i.e. cereal) already. Why did you decide to start xx (i.e. cereal)?”
- “What concerns do you have regarding feeding solid foods to Sam?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready → “He is a big baby and needs more to eat. I know WIC says not too but he is always hungry.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “We don’t normally, but tell me more about how much formula he takes and when you use the cereal?” • “How do you know he is hungry?” • “How would you feel about stopping the cereal if you felt he was satisfied with his bottles?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because he has started solids earlier than recommended. His stomach is not ready to digest solids yet. I know that can be hard since it is not something you can actually see. We can help with ideas to make sure Sam is getting what he needs. What other foods are you planning to start?”
Record Plan or Goal	Mom convinced cereal is appropriate. Not interested in changing, Will re-assess next appointment.	

<p>Unsure → “My Dr told me to add cereal to the bottle because he was spitting up.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “That is a common recommendation. But, WIC feels there are other things that can help reduce spitting up that are easier on his tummy. How would you feel about trying some other options?” • “On a scale of 1-10, how serious do you feel his spitting up is?” 	<ul style="list-style-type: none"> • Early solids can lead to: <ul style="list-style-type: none"> ○ Inability to digest due to immature gut ○ Development of food allergies ○ Overfeeding (infant can’t learn to self regulate) ○ Dental carries (when in bottle or on pacifier) ○ Early juice negatively replaces formula/breast • Honey can contain botulism • Karo: controversial, no known cases but may contain botulism- too much sugar can cause diarrhea • Solid intro: when infant can sit, hold head up, close lips over spoon. No evidence cereal assists with sleep
Record Plan or Goal	Mom willing to try other options for spitting (smaller feeds, sitting up after feeds). Assess spitting issue next appointment.	

<p>Ready → “I started cereal with my other kids at 4mo.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “Yes, that used to be the recommendation. Recently the AAP looked at new research and changed that. Now solids are not introduced until 6mo. How would you feel about waiting another two months?” 	<ul style="list-style-type: none"> • “That’s great. It has been found that breast milk (or formula) are all an infant needs for the first six months. What other concerns do you have about feeding Sam?”
Record Plan or Goal	Mom will try to wait till 6mo for solids. Gave solid intro handout. Follow-up on solid intro next appointment.	

Education Resources	<p>http://here.doh.wa.gov/materials/feeding-your-baby-6-to-12-months/15_WIC6to12_E05L.pdf Handout- WA WIC- Feeding Baby 8-12mo</p> <p>http://www.nal.usda.gov/wicworks/Sharing_Center/OR/Time_to_Eat.pdf Handout- Time to Eat Oregon WIC</p> <p>http://www.nal.usda.gov/wicworks/Sharing_Center/NJ/infant%20feeding%20guide.pdf Handout- Infant Feeding Birth to 8mo- NJ WIC</p>
----------------------------	--