

- Description**
- Often feeds inappropriately for infant’s developmental stage:
 - Missing hunger cues, wrong size/shape/texture, not allowing self feeding

Assess Readiness for Change: with open ended questions

- “Sam is almost a year old. You are using pureed foods. What other textures have you tried with Sam?”
- “How interested is Sam in picking foods up and feeding himself?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
-------------------	---------------------------	---------------

<p>Not ready →</p> <p>“Jarred foods are just so easy since we are out a lot.”</p>	<ul style="list-style-type: none"> • “Jarred foods are convenient. Sam should be able to feed himself foods. What other textures has he seemed to enjoy?” • “How would you feel about letting him feed himself more, especially when at home, if we can help you find some easy foods that might work for you?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because he should be able to progress to finger foods and more choices. How would you feel about trying stage 3 foods and maybe soft foods like bananas or boiled potatoes?”
--	---	---

Raise awareness & personalize change

Record Plan or Goal	Mom willing to try other food textures at home. Still plans to use jarred when away. Revisit self feeding next appointment.
----------------------------	---

<p>Unsure →</p> <p>“I thought I was supposed to use jarred food until he was a year old.”</p>	<ul style="list-style-type: none"> • “All the jarred ages & stages can be confusing. Usually around 9mo infants show interest and start reaching for food. It sounds like he does that. How would you feel about going up a step and trying soft foods?” • “On a scale of 1-10, how concerned are you that Sam won’t be able to handle finger foods?” • “What do you know about making baby food or adapting family foods for Sam?” 	<ul style="list-style-type: none"> • By 9mo usually able to accept finger foods: <ul style="list-style-type: none"> ○ Baby will start reaching for food ○ Adapt family dishes or use higher stage foods ○ Food should be able to be gummed, soft and small to prevent choking ○ Allows infant to learn tastes, textures and decide how much to eat
--	--	--

Raise awareness & confidence & identify barriers to change

Record Plan or Goal	Mom unaware of age finger foods. To try soft foods now. Re-evaluate foods added next appointment.
----------------------------	---

<p>Ready →</p> <p>“He reaches for food but I have been afraid he will choke.”</p>	<ul style="list-style-type: none"> • “Some foods cause choking but there are foods that don’t. How might you add soft foods without risking choking?” • “What foods are you most concerned about adding?” • “Does he have any health or swallowing issues that are causing your concern?” 	<ul style="list-style-type: none"> • “Those would be good choices, as they are soft and can be mashed. Foods that can cause choking, since they are harder, are things like grapes, hotdogs and popcorn. What other foods has he had problems with?”
--	--	---

Help plan change-support

Record Plan or Goal	Mom afraid of some foods due to choking risk. Reviewed alternate choices. Follow-up progression next appointment.
----------------------------	---

Education Resources	<p>http://www.cdc.gov/ncbddd/actearly/milestones/index.html Resource- <i>Developmental Milestones</i></p> <p>http://health.state.ga.us/publications/growthdev/months.asp Resource- <i>Developmental Milestones</i></p> <p>http://kidshealth.org/parent/food/infants/finger_foods.html Resource- <i>Finger Foods</i></p> <p>http://www.doh.wa.gov/cfh/WIC/materials/clinic/newfoods/infant-cues.pdf Resource- <i>WA WIC- Infant Hunger & Feeding Cues</i></p> <p>http://www.med.umich.edu/yourchild/topics/choking.htm Resource- <i>Choking Prevention</i></p>
----------------------------	--