

411 Inappropriate Nutrition Practices for Infants (I)

411.6 Inappropriate Dilution Formula

Description • Often feeding formula that is diluted:
 ○ Diluting formula to save money, etc., not following instructions on a formula prescription

Assess Readiness for Change: with open ended questions

- “How is Sam doing with his formula?”
- “I see you are using 1 scoop with 4oz water when mixing Sam’s formula. How did you decide how much water to use (should be 1 scoop to 2oz water)?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready → “He wants to eat too often so my mom told me to add extra water.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “Tell me a little more about why you think he eats too often?” • “Normally his formula should be mixed, 2oz water to 1 scoop. When you add extra water, it dilutes it and Sam may not be getting enough calories. How would you feel about talking about why Sam might want to eat so often, so you don’t need to dilute his formula?” 	<ul style="list-style-type: none"> • “You are eligible for WIC because you are mixing your formula differently than recommended. That is the concern it can affect Sam’s growth and mean he will not get the nutrients he needs to stay healthy. How do you feel about diluting his formula now that we have talked?”
Record Plan or Goal	Mom convinced she needs to add extra water. Gave one month only. Weight check next appointment.	
<p>Unsure → “He was constipated so I added extra water since water is good for constipation.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “Water does help constipation but it can be dangerous to dilute Sam’s formula. He doesn’t get enough calories that way. What else have you tried for his constipation?” • “What did your Dr say about his constipation?” • “On a scale of 1-10, how concerned are you with the constipation?” 	<ul style="list-style-type: none"> • Over diluting can cause: <ul style="list-style-type: none"> ○ Water intoxication ○ Inadequate nutrient intake & failure-to-thrive • Under diluting can cause: <ul style="list-style-type: none"> ○ Stress on kidneys to excrete ○ Dehydration • Offer mixing instructions (if keeps same formula) or suggested substitution (if should change formula) • Asses & monitor weight gain
Record Plan or Goal	Referred to Dr for constipation. Willing to only give plain extra water 2x day until sees Dr. Weight check next appointment.	
<p>Ready → “I don’t know what to do. I only have one can left and I don’t have any money.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “I understand. How comfortable would you be going to another agency to see if they have free formula?” 	<ul style="list-style-type: none"> • “WIC has given you the maximum amount of formula allowed so we aren’t able to issue more. We no longer have sample cans available. You might also try (xx church) as they now have a food bank.”
Record Plan or Goal	Mom diluting formula due to lack of money. To try xx church’s food bank. Also gave list of additional area food banks.	

Education Resources	<p>http://www.nal.usda.gov/wicworks/Sharing_Center/RI/formula_foodguide.pdf Handout- <i>Preparing formula for your baby</i></p> <p>http://similac.com/baby-formula/bottle-preparation-and-storage Resource- <i>Similac products- storage and mixing</i></p>
----------------------------	---