

411 Inappropriate Nutrition Practices for Infants (I)

411.9 Lack of Sanitation

- Description**
- Often uses inappropriate sanitation preparing, handling or storing breastmilk or formula (including bottles or storage containers):
 - Such as unsafe water supply, no heat source for sanitizing, no refrigeration, or improper preparation, handling or storage of milk/formula

Assess Readiness for Change: with open ended questions

- “You mentioned you put partially used bottles back in the refrig. What do you think about making smaller bottles, just what Sam will drink at a feeding?”
- “What is your biggest concern for storing formula once it is mixed?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
Not ready “I can’t afford to waste formula so I never throw any out. I don’t always know how much he will want.”	<ul style="list-style-type: none"> • “I’m sure you don’t want to waste formula. The concern is, once Sam drinks from the bottle, his saliva comes into contact with it and bacteria can grow. How much does he usually drink each feeding compared to what you make?” • “If you threw out the remaining formula, how much formula do you think would be wasted?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because returning used bottles to the refrigerator for later, can cause bacteria to grow and lead to vomiting and diarrhea. If we can limit formula waste, how open would you be to altering the way you prepare and store formula?”
Raise awareness & personalize change		
Record Plan or Goal	Mom accepted info on storage issues but didn’t verbalize desire to change. Check storage/preparation next appointment.	
Unsure “Usually I get the ounces right. I thought it was ok, as long as I put it back in the refrigerator within two hours?”	<ul style="list-style-type: none"> • “Yes, once formula is made, two hours is the rule. But, once he drinks from it, the recommendations change. Bacteria can grow in the bottle and cause stomach and intestinal problems like vomiting and diarrhea. How would you feel about tossing the leftover formula once the bottle is used?” • “On a scale of 1-10, how hard would it be for you to make a change?” 	<ul style="list-style-type: none"> • Formula storage guidelines: <ul style="list-style-type: none"> ○ Prepare with safe water source only ○ Room temperature not >2hrs ○ Held in refrigerator not >48hrs ○ Once bottle used, don’t hold >1hr, nor reuse • Breastmilk storage guidelines: <ul style="list-style-type: none"> ○ Room temperature not >4 to 6hrs ○ Held in refrigerator not >72hrs (freezer 6mo) ○ Don’t thaw in microwave ○ Don’t add fresh to already frozen breastmilk ○ Once bottle drunk from, don’t reuse later
Raise awareness & confidence & identify barriers to change		
Record Plan or Goal	Mom didn’t know reusing was a concern. Mom says she will stop reusing. Address formula use next appointment.	
Ready “I like concentrate but hate to make all bottles at once.”	<ul style="list-style-type: none"> • “We could change your checks to powder. It might be easier since you wouldn’t have to mix a whole can at once. How would that work for you?” 	<ul style="list-style-type: none"> • “The powder formula is easier when away from the house. Wait to add the formula to the water until you are ready to use it. Then it won’t sit out too long. How would that work for you?”
Help plan change-support		
Record Plan or Goal	Mom will try powder. Will return for reissue if does not like. Review preference next appointment.	

Education Resources	<p>http://njaes.rutgers.edu/pubs/publication.asp?pid=FS950 Handout- <i>Keeping Formula Germ Free- Rutgers</i></p> <p>http://njaes.rutgers.edu/pubs/publication.asp?pid=FS949 Handout- <i>Keeping Breastmilk Germ Free- Rutgers (vers 9/2011)</i></p> <p>http://www.llli.org/faq/milkstorage.html Resource- <i>LLLI Storing Pumped Milk</i></p>
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