### Inappropriate Nutrition Practices for Infants (I)

#### 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

<table>
<thead>
<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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<td><strong>Not ready</strong></td>
<td>“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?”</td>
<td>“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?”</td>
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| **Unsure**        | “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?” | Formula storage guidelines:  
  - 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:  
  - 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 |
| **Ready**         | “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?” | “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?” |

#### Record Plan or Goal
- Mom accepted info on storage issues but didn’t verbalize desire to change. Check storage/preparation next appointment.
- Mom didn’t know reusing was a concern. Mom says she will stop reusing. Address formula use next appointment.
- Mom will try powder. Will return for reissue if does not like. Review preference next appointment.

#### Education Resources
- [Handout- Keeping Formula Germ Free- Rutgers](http://njaes.rutgers.edu/pubs/publication.asp?pid=FS950)
- [Handout- Keeping Breastmilk Germ Free- Rutgers](http://njaes.rutgers.edu/pubs/publication.asp?pid=FS949)
- [Resource- LLLI Storing Pumped Milk](http://www.llli.org/faq/milkstorage.html)