

Description	<ul style="list-style-type: none"> • Often feeds inappropriate beverages as main milk source: <ul style="list-style-type: none"> ○ Non-fat or reduced-fat milk for 1-2 year old ○ Sweetened condensed, imitation or substitute milks: unfortified rice/soy beverages, non-dairy creamer or other “homemade concoctions”
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Assess Readiness for Change: with open ended questions

- “You said you are giving Sam (under 2yrs) xx (i.e. low fat milk). Have you thought about using xx (i.e. whole milk)?
- “How would you feel about trying xx (i.e. whole milk)?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“The whole family drinks low fat. Everyone is ok. It doesn’t seem like I need to switch.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “It can be awkward using and storing two milks. Children under 2 yrs need whole milk for growth. What have you heard about changing to lower fat milk when child is 2 yrs?” • “May I share with you, the differences between lower fat milk and whole milk?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because he gets xx (i.e. low fat milk) and it is best he have xx (i.e. whole milk). What concerns do you have about his milk?” • Offer visual or handout showing fat content of milk
Record Plan or Goal	Participant accepted milk brochure. Will re-assess readiness for change at next appointment.	
<p>Unsure →</p> <p>“I’ve heard something about it, but I wasn’t sure it really made a difference.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “If you were to try whole milk, on a scale of 1-10, how confident are you that he could change?” • “Why did you choose that number?” • “It sounds like last time you tried switching milk he really didn’t like it. Tell me more about that.” 	<ul style="list-style-type: none"> • Provide suggestions using small steps: <ul style="list-style-type: none"> ○ Changing to 2% first, then on to whole, or ○ Transitioning by mixing some low fat milk with some whole (3/4+1/4 then 1/2+1/2, etc.) • >2yrs can safely drink low fat milk. All the nutrition but less fat • 1-2yrs need extra fat for brain development. Whole milk is their main fat source • Milk substitutes don’t have nutrition for growth & development
Record Plan or Goal	Parent to try mixing whole with 2% milk. If accepted, to use only whole. If child resists, will continue mixing whole & 2%.	
<p>Ready →</p> <p>“I would like to. I’ve done it a few times, but not every time.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “It sounds like you might have had some problems changing, what were those?” • “How do you think you might make this change?” 	<ul style="list-style-type: none"> • “That sounds like a great plan. Some parents also find it’s helpful to put the milk in a pitcher so their kids don’t see the container. How do you think that would work?”
Record Plan or Goal	Reviewed barriers to changing fat content. Participant identified steps to help her do this on a consistent basis.	

Education Resources	<p>http://www.mypyramid.gov/preschoolers/Plan/milk.html Resource- <i>Help Preschooler Consume Milk</i></p> <p>http://www.nationaldairycouncil.org/SiteCollectionDocuments/education_materials/wic/WhichMilkisHealthiestHandout.pdf Handout- <i>Which Milk</i></p> <p>http://www.nationaldairycouncil.org/SiteCollectionDocuments/education_materials/wic/LowFatMilkEducationalHandout.pdf Handout-<i>LF Milk</i></p>
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