### Alaska WIC Program Nutrition Care Plan

#### Inappropriate Nutrition Practices for Children (C)

**425.2 Sugar Containing Fluids**

**Description**
- Often feeds sugar containing fluids:
  - Soda, gelatin water, added corn syrup, sweetened tea

**Assess Readiness for Change:** with open ended questions
- “You noted that Sam has xx (i.e. soda) every day. Tell me more about that?”
- “What reasons does Sam have xx (i.e. soda) each day?”

**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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| Not ready         | • “Mommy has it why not me! Isn’t that how kids learn! How comfortable are you with the amount of soda he gets?”
|                   | • “How often do you try to stop him from taking your drink?”
|                   | • “How do you feel about either stopping or reducing his soda intake?” | • “Sam is edible for WIC because he drinks xx (i.e. soda) often. Sugary beverages are a major cause of dental carries. You said you don’t feel like stopping the soda. What other concerns do you have about what he is eating or drinking?” |

#### Record Plan or Goal
- Mom thinks soda amount is fine. Did have question about milk fat. Gave milk fat info for age. Follow-up next appointment.

| Unsure             | • “It sounds like he drinks a lot. What concerns do you have with the amount he drinks?”
|                   | • “How well does he eat at mealtime when he drinks so much during the day?”
|                   | • “On a scale of 1-10, how do you think he would do if you offered extra water instead?” | • Sugary drinks can lead to dental carries & decay
|                   | | • Offer suggestions for substitutions (i.e. plain water)
|                   | | • May need to assist/evaluate other connected risks as:
|                   | |   - Overweight (from too many sweet drinks)
|                   | |   - Beverages replacing healthy foods (i.e. sweet drinks replacing veggies)

#### Record Plan or Goal
- Parent to try offering water in place of soda. Check acceptance of water next appointment.

| Ready             | • “What did she say when you asked her to not give him soda?”
|                   | • “How do you handle other childcare issues with her?” | • “It can be tough when you want to raise your child differently than your mother. How would feel about talking to her again?”
|                   | | • “It sounds like your mother isn’t going to change. How can I help you with his eating when at home?”

#### Record Plan or Goal
- Mom says grandma won’t change soda use. She asked about brushing teeth. Discussed. Made dental referral.

**Education Resources**
- [Handout- Diet and Tooth Decay](http://www.ada.org/prof/resources/pubs/jada/patient/patient_13.pdf)
- [Resource- Sweet tea drinks](http://kidshealth.org/parent/nutrition_fit/nutrition/caffeine.html#)
- [Resource- ADA statement childhood carries](http://www.ada.org/prof/resources/positions/statements/caries.asp)