

- Description**
- Feeding potentially harmful supplements (above recommended levels may be toxic):
 - Such as single or multi-vitamins, mineral supplements & herbal or botanical supplements, remedies or teas

Assess Readiness for Change: with open ended questions

- “Sam is getting xx (i.e. Echinacea) for his xx (i.e. cold). How is that going?”
- “How does Sam’s Dr feel about using xx (i.e. Echinacea)?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“We haven’t been to the Dr. The family uses Echinacea for colds all the time.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “Echinacea is advertized as helping colds. It can have side effects, such as allergic reactions, rash and GI upset. How comfortable would you be checking with Dr about using it since Sam is a child?” • “What do you know about the safety of xx (i.e. Echinacea)?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because he uses a supplement that could be harmful. Some are safe but natural doesn’t assure it is safe or harmless. We are here if you want to talk about supplements. Xx (i.e. nih) is a good website for information on supplements. How interested would you be in looking at it?”

Record Plan or Goal Mom feels Echinacea is safe as used before. Doesn’t think Dr would object. Follow-up next appointment.

<p>Unsure →</p> <p>“My friend uses it for her kids and said it works. I just started using it.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “It sounds like he hasn’t been using it long. How do you usually feel about supplements?” • “On a scale of 1-10, how safe do you think supplements are for children?” • “When do you think you want to talk to the Dr about Sam’s xx (i.e. cold and use of Echinacea)?” 	<ul style="list-style-type: none"> • “Natural” doesn’t mean safe or harmless <ul style="list-style-type: none"> ○ Supplier (contamination, correct species)? ○ Use backed by study/science? • Is Dr aware of use: <ul style="list-style-type: none"> ○ Replacing prescribed treatment? ○ Possible side effects? ○ Interaction with medications? ○ Dosage taken?
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Record Plan or Goal Mom says comfortable talking to Dr. Will call today. Follow-up use and Dr input next appointment.

<p>Ready →</p> <p>“The clerk at the health food store said it was the best thing to use.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “It sounds like you like natural remedies. What interests you in natural products?” • “Where else do you find information on the products you use?” 	<ul style="list-style-type: none"> • “It is hard to know what information on the internet is reliable. One site you might be interested in checking out is xx (i.e. dietary-supplements.info.nih.gov). What other sites have you used?”
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Record Plan or Goal Mom thought if “natural” was safe. Discussed concern in children. Mom to look at suggested websites.

Education Resources	<p>http://dietary-supplements.info.nih.gov/Health_Information/Botanical_Supplements.aspx Resource- <i>NIH Fact Sheets Individual Botanicals</i></p> <p>http://nccam.nih.gov/health/children/ Resource- <i>NIH Alternative Medicine</i></p> <p>http://www.niehs.nih.gov/ Resource- <i>NIEH (environmental health)</i></p> <p>http://www.fda.gov/Food/DietarySupplements/default.htm Resource- <i>FDA Dietary Supplements</i></p> <p>http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=2&tax_subject=393&topic_id=1763&placement_default=0 <i>Herb Supps</i></p>
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