Inappropriate Nutrition Practices for Children (C)

EXCESS VIT/MINERAL/HERB SUPPLEMENTS

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

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<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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<td>Not ready</td>
<td>“Echinacea is advertised 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?”</td>
<td>“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?”</td>
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| Unsure            | “It sounds like he hasn’t been using it long. How do you usually feel about supplements?” | “Natural” doesn’t mean safe or harmless
  - Supplier (contamination, correct species)?
  - Use backed by study/science? |
| Record Plan or Goal | Mom feels Echinacea is safe as used before. Doesn’t think Dr would object. Follow-up next appointment. | Is Dr aware of use:
  - Replacing prescribed treatment?
  - Possible side effects?
  - Interaction with medications?
  - Dosage taken? |
| Ready             | “It sounds like you like natural remedies. What interests you in natural products?” | “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?” |
| Help plan change-support |

Record Plan or Goal
- Mom says comfortable talking to Dr. Will call today. Follow-up use and Dr input next appointment.

Record Plan or Goal
- Mom thought if “natural” was safe. Discussed concern in children. Mom to look at suggested websites.

Education Resources
- [http://www.fda.gov/Food/DietarySupplements/default.htm](http://www.fda.gov/Food/DietarySupplements/default.htm) Resource- FDA Dietary Supplements