### Dietary Risk Associated with Complementary Feeding Practices (I 4-12mo, C 12-23mo)

| Description | Presumed diet risk 4-23mo, complementary feeding; begins solid food, self feeding, weaning, transition from infant food to Dietary Guidelines
|            | When no other risks are found

### Assess Readiness for Change:
- “Sam is growing well and you are doing a great job starting new foods. What feeding questions do you have today?”
- “A lot of parents say their biggest concern is that their child is picky. “What is your biggest worry about feeding Sam?”

### Discussion, Counseling and Education

#### If the answer is:

**Not ready**
- “None. He eats fine, eats everything. And tires to grab food by himself.”
- “Great, he is a good eater! When children learn good eating habits, they eat healthier later in life. As a family what do you think you could do differently at mealtime?”
- “What would you want to change about his eating if you could?”

**Unsure**
- “Sometimes I worry that I am not giving him the right foods.”
- “We can talk about that. Tell me more about the foods you are worried about?”
- “On a scale of 1-10, how worried are you that he is not getting the right foods?”
- “What reasons make you unsure he is getting the right foods (i.e. money, knowledge, acceptance)?”

**Ready**
- “I think I am doing ok but my mom thinks I should feed him table foods already?”
- “Tell me what concerns you have with starting table foods?”
- “When do you want to start table foods?”
- "How would it be if we talk about some ways to know if Sam is ready to try table foods?"

### Try Counseling Strategies

- Help plan change-support

### Try Education

- WIC role of prevention (deficiencies and obesity) and promotion (assisting with feeding decisions)
- Assist successful feeding:
  - offering nutritious foods, meeting energy needs
  - parents deciding what, when, where, how
  - teaching healthy lifelong eating habits
  - considering child’s ability, independence
- Nutrients low (12-23mo): iron, Vit E, fiber, potassium
- Nutrients in excess: zinc, Vit A, sodium, energy

### Record Plan or Goal

- Mom accepted cup info. Plans to try by next appointment. Check cup success.
- Mom worried that child spits out food. Discussed reasons. Mom to try soft potatoes.

### Education Resources

- [http://here.doh.wa.gov/materials/feeding-your-baby-6-to-12-months/15_WIC6to12_E05L.pdf](http://here.doh.wa.gov/materials/feeding-your-baby-6-to-12-months/15_WIC6to12_E05L.pdf) Handout - WA WIC- Feeding Your Baby 6-12mo