

428 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: with open ended questions

- “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:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“None. He eats fine, eats everything. And tires to grab food by himself.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “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?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because he has no other risk and he is an age where he is learning eating habits to last a lifetime. WIC can help with feeding decisions. It’s time to start a cup, may I share tips on using?” • <i>Knowledge: complementary feeding is gradual addition of food/beverages to a child’s diet, to assure nutrition meets child’s physical, intellectual and behavioral stages</i>
<p>Record Plan or Goal</p>	<p>Mom accepted cup info. Plans to try by next appointment. Check cup success.</p>	
<p>Unsure →</p> <p>“Sometimes I worry that I am not giving him the right foods.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “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)?” 	<ul style="list-style-type: none"> • WIC role of prevention (deficiencies and obesity) and promotion (assisting with feeding decisions) • Assist successful feeding: <ul style="list-style-type: none"> ○ 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
<p>Record Plan or Goal</p>	<p>Mom worried that child spits out food. Discussed reasons. Mom to offer problem foods again with a liked food.</p>	
<p>Ready →</p> <p>“I think I am doing ok but my mom thinks I should feed him table foods already?”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “Tell me what concerns you have with starting table foods?” • “When do you want to start table foods?” 	<ul style="list-style-type: none"> • "How would it be if we talk about some ways to know if Sam is ready to try table foods?"
<p>Record Plan or Goal</p>	<p>Intro table foods would be age appropriate for Sam. Mom fearful. Discussed possible foods. Mom to try soft potatoes.</p>	

Education Resources

http://www.touchingheartstouchingminds.com/materials_content.php?p_set=1&p_num=11 Handout- #11 Vegetable Baby Face- intro vegs

http://here.doh.wa.gov/materials/feeding-your-1-to-2-year-old/15_WIC1to2_E05L.pdf Handout- WA WIC- Feeding Your 1-2yr

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