

601 Breastfeeding Mother of Infant at Nutritional Risk (BF)

- Description**
- A women whose breastfeed infant has a nutrition risk
 - Infant is dependent on mother for nutrition, mom needs adequate nutrition to support nutrient content of breast milk (added 500 kcal daily)

Assess Readiness for Change: with open ended questions

- “How can I support your breastfeeding?”
- “How has your eating changed now that you are breastfeeding?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“Feeding is going fine. He took the breast easily.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “I’m glad nursing is going well. Your baby has special needs since he is xx (i.e. infant’s risk; such as prematurity). I see from your application that Sam is feeding 7 times a day. How do you feel about the amount he is eating?” 	<ul style="list-style-type: none"> • “You need an extra 500 calories a day to produce healthy breast milk for your baby. To give an idea, that equals about 1 fruit, 1 veg, 1 cup milk and a sandwich each day. How does that fit into how you usually eat?” • “May I share with you information on eating while breastfeeding?”

Record Plan or Goal Mom states happy with BF. Infant weight gain normal. Re-check weight and assess readiness for change at next appointment.

<p>Unsure →</p> <p>“I don’t think I have enough milk so I was thinking I may add formula?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “You have been breastfeeding. That is the best food for Sam, especially since he is at risk for xx. Tell me more about why you feel you need to add formula?” • “On a scale of 1-10, how strongly do you feel you should add formula now?” 	<ul style="list-style-type: none"> • Address mom’s related concerns: <ul style="list-style-type: none"> ○ Formula request? ○ Infant weight gain? ○ Infant’s medical needs (i.e. cleft pallet, LBW)? ○ Milk supply, feeding schedule, etc.? ○ Pumping? ○ Lactation consultant referral?
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Record Plan or Goal Mom still wants formula. Partial formula issued. Will check weigh and re-asses next appointment.

<p>Ready →</p> <p>“I know breastfeeding is best for my baby. I hope I can breastfeed longer than my sister was able too?”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “It sounds like you really want to keep breastfeeding. How long were you wanting to breastfeed? Tell me why you are concerned you might have the same breastfeeding problem your sister had?” • “You sound concerned about being able to continue breastfeeding. Why are you hesitant about your ability to continue breastfeeding?” 	<ul style="list-style-type: none"> • “Premature infants may tire easily, so you may want to try feeding more often for shorter periods.”
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Record Plan or Goal Mom concerned about milk supply. Discussed increasing supply. One month issued. Check infant weight next appointment.

- Education Resources**
- <http://www.healthyarkansas.com/breastfeeding/pamphlets.html> Resource- Arkansas WIC BF handouts (“Yes I’m going to breastfeed”)
 - <http://www.cdph.ca.gov/programs/wicworks/Pages/WICBFResource.aspx> Resource- California WIC BF handouts(“What to expect 1st week BF”)