Alaska WIC Program Nutrition Care Plan

701 Infant up to 6 Months Old of WIC Mother or of a Woman Who Would Have Been Eligible During Pregnancy (I)

Description
- Infant <6mo whose mother receives WIC or who would have qualified for WIC during her pregnancy
- Participating in WIC during pregnancy is linked to improved pregnancy outcomes; infants on WIC have less anemia and better growth

Assess Readiness for Change: with open ended questions

- “It looks like Sam is doing really well. What concerns do you have today?”
- “Sam’s weight gain is good. How are his feedings going?”

Discussion, Counseling and Education

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<th>Try Counseling Strategies</th>
<th>Try Education</th>
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<td>“Sam is eligible for WIC because you were on WIC during your pregnancy. By continuing WIC we can help Sam eat well too!”</td>
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Record Plan or Goal: Mom accepted feeding guide. Plans to add cereal 4 mo. Encouraged to wait until 6mo. Re-assess solid intro next appointment.

Unsure

“If I think I feed him enough?”

- “You sound a little hesitant. Is there something that is worrying you?”
- “You said you feed Sam about xx ounces formula each day. Tell me more about how often he eats and how much he takes at each feeding?”
- “On a scale of 1-10, how worried are you that he is not getting enough to eat?”

Raise awareness & personal change

Record Plan or Goal: Mom says she feels better after talking. Offered to check weight next appointment.

Ready

“It has been a few years between babies. I don’t remember when to add cereal.”

- “WIC moms have said that when there are a few years between siblings! Cereal used to be started at 4mo. The recommendations have changed. It is now suggested that solids be introduced at 6 mo. How do you feel about waiting with Sam?”

Help plan change-support

Record Plan or Goal: Baby said she would probably wait until 6 mo for solids. Follow-up on mom’s feeding plan next appointment.

Education Resources

- [http://www.fns.usda.gov/oane/MENU/Published/WIC/FILES/NHANES-WICSummary.pdf](http://www.fns.usda.gov/oane/MENU/Published/WIC/FILES/NHANES-WICSummary.pdf)
- [Resource- summary- WIC participant dietary quality](http://www.fns.usda.gov/oane/MENU/Published/WIC/FILES/NHANES-WICSummary.pdf)
- [Resource- Effect WIC Participation on Child Outcomes](http://ddr.nal.usda.gov/dspace/bitstream/10113/33688/1/CAT31012177.pdf)