

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

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“He eats a lot. He hasn’t had any problems.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “Tell me how Sam lets you know he is hungry?” • “So feeding is going well. When do you plan on adding solid foods like infant cereal?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because you were on WIC during your pregnancy. By continuing WIC we can help Sam eat well too!” • “May I share our infant feeding guide with you?”
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.	
<p>Unsure →</p> <p>“I think I feed him enough?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “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?” 	<ul style="list-style-type: none"> • Offer infant feeding information: <ul style="list-style-type: none"> ○ Hunger cues ○ Formula/breast milk volume ○ Age & method solid intro ○ Age cup intro
Record Plan or Goal	Mom says she feels better after talking. Offered to check weight next appointment.	
<p>Ready →</p> <p>“It has been a few years between babies. I don’t remember when to add cereal.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “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?” 	<ul style="list-style-type: none"> • “The 6 mo recommendation is based on new, current research. We have a feeding guide that includes the new age for introduction.”
Record Plan or Goal	Mom 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#xml=http://65.216.150.153/tehis/search/pdfhi.txt?query=health+outcomes&pr=FNS&prox=page&rorder=500&rprox=500&rdfreq=500&rwfreq=500&rlead=500&rdepth=0&sufs=0&order=r&cq=&id=4ace9e6735> Resource- *summary- WIC participant dietary quality*

<http://ddr.nal.usda.gov/dspace/bitstream/10113/33688/1/CAT31012177.pdf> Resource- *Effect WIC Participation on Child Outcomes*