

702 Breastfeeding Infant of Woman at Nutritional Risk (Infant)

**Description**

- An infant whose breastfeeding mother has a nutrition risk
- Infant is dependent on mother’s milk; mother’s poor nutrition may decrease nutrient content of her milk

**Assess Readiness for Change:** with open ended questions

- “Sam’s lucky to have your breast milk! What you eat can affect your milk. How is eating going for you?”
- “What concerns do you have with your breast milk or breastfeeding?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“I haven’t had any problems eating. I can eat anything now.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “It’s good to hear things are going well. How are you eating differently now that you are breastfeeding?”</li> <li>• “So breastfeeding is going well, and you don’t have any concerns?”</li> <li>• “Is there any part of breastfeeding not going quite the way you hoped?”</li> </ul>	<ul style="list-style-type: none"> <li>• “Your infant is eligible for WIC because you are at risk for xx (i.e. Failure Meet Dietary Guidelines). As a breastfeeding mom, you need extra calories and nutrition to support your breast milk!”</li> <li>• “May I share a handout on eating during breastfeeding?”</li> </ul>
<b>Record Plan or Goal</b> Mom states BF is going fine, no concerns. Accepted food guide handout. Will re-assess needs at next appointment.		
<p><b>Unsure</b> →</p> <p>“I’m so busy; I don’t eat like I should.”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “Time does fill up with a new baby around! What do you think you should be eating that you aren’t?”</li> <li>• “What changes have you wanted to make? Can I help you with them, maybe some ideas on quick foods or easy meals?”</li> <li>• “On a scale of 1-10, how much do you think eating affects your breastfeeding?”</li> </ul>	<ul style="list-style-type: none"> <li>• Nutrition in breastfeeding:                             <ul style="list-style-type: none"> <li>○ Well balanced &amp; variety</li> <li>○ Eat to hunger</li> <li>○ Drink to thirst</li> <li>○ Folic acid (since childbearing age)</li> <li>○ Caffeine in moderation</li> <li>○ Alcohol in moderation</li> </ul> </li> </ul>
<b>Record Plan or Goal</b> Discussed quick foods like nuts, hardboiled eggs, yogurt. Mom may try quick foods. Re-asses meal plan at next appointment.		
<p><b>Ready</b> →</p> <p>“My iron is low, maybe that is why I don’t have enough milk?”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “Your body has a wonderful way of protecting your milk so Sam gets what he needs! But your iron stores can get used up. We can talk about ways to increase the iron you eat?”</li> <li>• “There are other things that affect the amount of milk you make. Tell me more about how often Sam feeds?”</li> </ul>	<ul style="list-style-type: none"> <li>• “Check with your Dr about continuing your prenatal vitamins as long as you are breastfeeding. They provide nutrients to support breastfeeding, like iron and folic acid.”</li> </ul>
<b>Record Plan or Goal</b> Sam falls asleep BF. Discussed feed more often to increase supply. Mom to offer breast more often.		

**Education Resources** <http://www.womenshealth.gov/breastfeeding/concerns/> Resource- *Common Breastfeeding Concerns*