### Alaska WIC Program Nutrition Care Plan Version 1/29/10

**902 Woman or Infant/Child of Primary Caregiver with Limited Ability to Make Feeding Decisions and/or Prepare Food (All)**

| Description | • Primary caregiver is unable to make good feeding decisions or to prepare food  
|             | • <17 yrs old, mentally delayed, mental illness, physically disabled, using or having history alcohol or drug abuse |

### Assess Readiness for Change:
- “What kind of things do you usually make Sam to eat?”
- “How do you feel you are doing with Sam?”

### Discussion, Counseling and Education

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<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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| **Not ready**     | “Sounds like you really know what he likes. What other foods does he eat?”  
| “I can make macaroni and cheese and top-ramen. Sam likes those” | “It sounds like you aren’t sure how to change Sam’s diaper when he has a rash. Would you like to have a home health nurse visit you to talk about that and other things like giving Sam a bath?” |
|        | “How is care, like changing diapers and bathing Sam going?”  
|        | “Do you have anyone at home who helps you with Sam?” |

**Record Plan or Goal**
Child’s weight normal but appears mom has trouble w/ simple tasks. Referral made to PHN. Check weight next appointment.

| **Unsure** | “It is hard when a baby can’t tell you what is wrong. When he cries, what do you do to calm him?”  
| “Sam drinks a whole bottle. I’m not sure why he cries after he eats?” | “Offer to address parent’s stated concerns  
| Make referrals as needed  
| If child safety a concern alert child services |

**Record Plan or Goal**
Feeds in car seat and is not burping Sam. Talked about holding and burping. Re-asses crying next appointment.

| **Ready** | “WIC now gives jarred baby food on your WIC vouchers. They are the right texture for Sam. Would you like to talk about how to also make your own baby food?”  
| “I just give formula because I don’t know how to make baby food.” | “If you run out of baby food, since you already serve cooked vegetables every night, you can smash them with a fork for Sam.” |

**Record Plan or Goal**
Mom will relay on jarred foods. Evaluate variety and advancing to finger feeding next appointment.

**Education Resources**
- [http://www.hss.state.ak.us/dph/nursing/locations.htm](http://www.hss.state.ak.us/dph/nursing/locations.htm) Resource: Public Health Nursing Locator for Alaska