Suggested Open Ended Questions/Statements for Assessment

INFANTS

Older Babies:

- Tell me how are things going with feeding your baby.

- Tell me what you know/ have heard about trying different foods.

- Tell me what your baby is eating in a day.

- When did your baby start solids?

    - Follow up: How long has she been eating those foods?

    - Follow up: How do you give these foods to your baby? How does she tolerate them?

- What questions do you have about feeding your baby the foods your family eats?

- Tell me about your plans for switching to whole cow's milk.

- Tell me about your plans for weaning from the bottle/ breast.

- How/when do you clean your baby's teeth & gums?

INFANTS

Newborns or Young Infants:

- Tell me about your baby.

- Tell me what you are feeding your baby.

- Tell me what you have heard/know/read about feeding your baby.

- How does your baby let you know when s/he is hungry?

- How does your baby let you know when s/he is full or doesn't want to eat anymore?

- What do you wish was different about feeding your baby?

- What are your plans for starting solids?

Formula Fed Infants:

- How is your baby doing with formula?

- How do you prepare formula?

Breastfed Infants:

- What are your goals/plans for breastfeeding?

- Let's talk about how BF is going.

- Tell me about your breastfeeding experience so far.

- What do you see as difficulty in reaching your BF goals?

- How can we help you meet your BF goals?

- What support do you have to BF?

CHILD

- Tell me about your child.

- Tell me about mealtimes with your family.

- What do you like best about your child's eating? What would you like to change?

- Describe to me how your child eats.

- What kinds of foods do you serve your child for meals? What do you give for snacks?

- What are your child's favorite foods and drinks?

- What happens when your child tries new foods?

- How do you feel about your child's weight?

- What does your pediatrician say about your child's growth?

- How does your child let you know they are hungry or full?

- How do you want your child to eat? The way that you do?

CHILD

- What do you think about; Low fat milk?, juice?, trans fats?, etc.

- Tell me about a typical day for your child. This could address activity, beverages, foods, meals, etc…

- When a parent has identified certain behaviors, foods or beverages that they feel are a problem, follow-up with question on:

    - What would prevent (Barrier) your child (use their name) from having more/less/ discontinuing ———

    - What would encourage (positive) you or your child to do………..

WOMEN

Pregnant Women:

- Tell me about your pregnancy.

- How are you feeling?

- What are your plans for feeding your baby?

- Tell me what you have heard/know/read about nutrition and a healthy pregnancy?

- How is your appetite?

- What foods do you avoid? Or crave?

- What foods do you think you are not eating enough of?

- What stops you of what would encourage you to eat more? (if they are limited in a certain area of their diet).

- What beverages do you drink?

- How much weight do you think you need to gain for a healthy pregnancy? How much weight are you planning to gain with this pregnancy? How do you feel about gaining weight?

- Tell me about a typical day for you. This could address activity, beverages, foods, meals, etc...

WOMEN

Postpartum Women:

- How are you feeling?

- What are your plans for activity?

- What foods do you think you are not eating enough of?

- What if any are your plans for your weight?

- How are you taking care of yourself?

- Tell me about a typical day for you? This could address activity, beverages, foods, meals, etc.....

WOMEN

- How is breastfeeding going?

- Tell me about your breastfeeding experience so far?

- What are your goals/plans for breastfeeding?

- What difficulty do you foresee in reaching your breastfeeding goals?

- How can we help you meet those goals?

- What support do you have at home with breastfeeding?

- Tell me what you have heard/know/read about nutrition and breastfeeding?

- Tell me about a typical day for you. This could address activity, beverages, foods, meals, etc.....

WIC NEW HAMPSHIRE

This institution is an equal opportunity provider.

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