

DIETARY ASSESSMENT INFANT ---Pick a color/texture/face/image that tells me how you feel about feeding time w/ _____?

Tell me more about that. Affirm-- Clarify/Probe for better understanding--Reflect/Summarize.

Discuss possible solutions to feeding challenges. Frame this as “Other moms have found that--- is helpful”.

Framework/INPI-RC	Questions:	Follow-up Education
Consider the “what, how and when” of breastfeeding or formula feeding. Routinely using a substitute for BM or for FDA approved iron-fortified formula as the primary nutrient source during the first year. 411.1	<p>If that is ok with you I would like to ask you a few questions, so that I have a better understanding of how things are going with feeding.</p> <p>Walk me through a typical day of feeding for ___, let's start from the first feeding through the day right up until bedtime. Now tell me about how many times does ___ feed during the night? Other than yourself, does anyone else feed ___? [Do you breastfeed or formula feed? If you have not determined this yet.]</p>	Review infant feeding guidelines. Review hunger and satiety cues. Discuss typical infant feeding behaviors.
Routinely feeding inappropriately diluted formula. 411.6	<p>Breastfed Screen for appropriate breastfeeding duration and frequency.</p> <p>How do you know when ___ is hungry? How do you know when ___ is full?</p> <p>How many wet diapers/day? How many soiled diapers/day?</p> <p>In a usual day how often does ___ nurse?</p>	<p>Formula fed Screen for appropriate formula, appropriate amount and properly made.</p> <p>What formula are you feeding ___? Is it powder, concentrate or RTF?</p> <p>How many bottles a day including nighttime feeds? How many ounces in the bottle?</p> <p>Walk me through how you make the formula? What water is used-public/city water, bottled or well water? Do you make formula by bottle? By batch?</p> <p>How do you know when ___ is hungry? How do you know when ___ is full?</p>
Routinely limiting the frequency of nursing of the exclusively BF infant when BM is the sole source of nutrients. 411.7		Use only FDA approved iron fortified milk or soy formula as a BM substitute or primary nutrient source in the 1 st year. Discuss proper preparation of formula; discuss appropriate amount and frequency of feedings.
Possible: Routinely feeding a diet very low in calories and or essential nutrients. 411.8		<p>Formula 0-4 months—14-42 oz./day 4-6 months-26-39 oz/day 6-8 months—24-32 oz/day 8-12 months-24-32 oz/day</p>
Consider the bottle use, or sippy cup use Routinely using nursing bottles or cups improperly. 411.2 Consider feeding practices that may disregard the developmental stage of the infant. Routinely offering complementary foods [Beverages other than BM or infant formula] or other substances that are inappropriate in type or timing.] 411.3	<p>Screen for feeding an infant sugar-containing fluids and or inappropriate intro of complementary beverages.</p> <p>How do you feed ___ his/her formula or bottle of BM? Is ___ held for feedings (r/o bottle propping)? What other than formula/BM is put in the bottle? Is the bottle carried around and/or used as a pacifier? Is the infant allowed to fall asleep and/or put to bed with a bottle?</p> <p>What other beverages do you feed ___? Or are any other liquids provided? How are the other liquids fed? By bottle, sippy cup, or regular cup? Does this include routine intake of sweetened beverages?</p> <p>If using a pacifier is it dipped in any sweetener such as syrups, honey or sugar? (Note: for infants this is an inappropriate intro of complementary foods 411.3)</p>	May displace breastmilk or formula. May be a source of extra/empty calories. Bottle w/ formula or breastmilk only. If honey—see INPI 411.5

<p>Consider feeding practices that may disregard the developmental stage of the infant.</p> <p>Routinely offering complementary foods [Foods other than BM or infant formula] or other substances that are inappropriate in type or timing.] 411.3</p> <p>Routinely using feeding practices that disregard the developmental needs or stage of the infant. 411.4</p>	<p>Screen for early introduction of solids foods or inappropriate consistency/shape of foods that put the infant at risk of choking.</p> <p>What other foods have you started with ____? What consistency are the foods, ie. pureed, mashed, chopped? How often are they fed? How are they fed, i.e by spoon, bottle, infant feeder?</p> <p>How do you know when ____ is hungry? How do you know when ____ is full?</p> <p>Does ____ (started to) feed him/herself?</p> <p>Screen for potential choke foods such as foods in the bottle, advanced texture that is not appropriate to the development of the infant. Finger foods that are not modified that place the infant at risk of choking. Any raisins, peanut butter, popcorn, grapes, hard candy, nuts, hot dogs etc.</p>	<p>Review hunger and satiety cues, review age appropriate self-feeding, advancing food consistency for an infant who is capable of eating pureed, mashed or chopped foods. Provide appropriate consistency /shape of foods that do not put the infant at risk of choking.</p>
<p>Consider food safety</p> <p>Routinely using inappropriate sanitation in preparation, handling and storage or expressed breastmilk or formula. 411.9</p> <p>Feeding foods to an infant that could be contaminated with harmful microorganisms or toxins. 411.5</p>	<p>Screen for proper handling and storage of breastmilk and/or formula.</p> <p>BM-Tell me how you store your expressed BM, in the refrigerator? The freezer? For how long? If the freezer, how do you thaw the frozen BM?</p> <p>For batch formula prep, determine if amount prepared is in alignment w/ use w/in 48° for RTF/Conc or 24° for powder formula. Is batch formula promptly refrigerated after making, w/in 1°</p> <p>How long does it take for ____ to finish his/her bottle? What do you do with breastfeeding or formula that is leftover from a feeding?</p> <p>Do you make your own infant foods? Walk me through your steps. When you give infant foods from a jar do you feed from the jar or a separate bowl? How long do you keep jarred infant foods after opening in your refrigerator?</p> <p>As appropriate, screen for routinely providing unpasteurized juice, dairy products or soft cheeses, raw or undercooked meat/fish/poultry or eggs, raw vegetable sprouts and/or deli meats, hot dogs and processed meat (unless heated to steaming hot).</p> <p>Also see "Optional:Questions for Dietary Risks for Inappropriate Nutrition Practices"</p>	<p>Refrigerated BM up to 48 hours, frozen BM up to. Thawed frozen BM in refrigerator up to 24 hours.</p> <p>RTF/ConcFormula 48 hours; Powder- 24 hours. Formula ok 1 hour at room temp and from the start of a feed.</p> <p>As appropriate-purchase only pasteurized juice and dairy products.</p> <p>Cook foods thoroughly.</p> <p>If, deli meats or hot dogs, heat to steaming hot—Also, see INPI 411.3.</p>
<p>Consider supplementation</p> <p>Feeding dietary supplements with potentially harmful consequences. 411.10</p> <p>Routinely not providing dietary supplements recognized as essential by national public health policy when an infant's diet alone cannot meet nutrient requirements. Vit. D, Fl-, Fe++ 411.11</p>	<p>Screen for routinely providing supplements which when fed in excess of recommendations may be toxic or harmful. This includes single or multivitamins, mineral supplements, and/or herbal/botanical supplements/remedies/teas.</p> <p>Screen for appropriate supplementation.</p> <p>What vitamins, minerals or supplements do you give your baby? [Record on the Baby's StarLINC Health Interview Screen]</p> <p>____ MVI (Amount ____ Frequency ____)</p> <p>____ Iron (Amount ____ Frequency ____)</p> <p>____ Minerals (Amount ____ Frequency ____)</p> <p>____ Herbs (Amount ____ Frequency ____)</p> <p>____ Other (Amount ____ Frequency ____)</p>	<p>Referral to child's HCP. Discuss reason/belief i.e. root cause for supplementation.</p> <p>[Infants 6m+ 25mg FL-/day w/ h2o <0.3ppm FL- EBF/PBF or formula fed infants need 400IU of Vit.D/day or to consume 32 oz. formula/day.]</p>