

# Counseling Guide Infant – Formula Fed

*Health Outcome: Achieves optimal growth and development in a nurturing environment and develops a foundation for healthy eating practices.*

Suggested Open Ended Questions	Suggested Affirming Statements	Suggested Nutrition Education Statements
<p><b>Caregiver:</b></p> <ul style="list-style-type: none"> <li>• How did your baby’s last check-up go?</li> </ul> <p><b>Primary Feeding:</b></p> <ul style="list-style-type: none"> <li>• Tell me about the kind of formula you feed your baby.</li> <li>• How do you know when it’s time to feed your baby?</li> <li>• What does your baby do to let you know she’s full?</li> </ul> <p><b>Formula Feeding:</b></p> <ul style="list-style-type: none"> <li>• Tell me how you prepare your baby’s formula.</li> <li>• What do you know about storing mixed formula?</li> <li>• What do you do with formula left in a bottle after a feeding?</li> </ul>	<ul style="list-style-type: none"> <li>• Keeping your pediatric appointments shows your baby’s health is important to you.</li> <li>• There are a lot of different formulas to choose from. It can be difficult to know which is best for your baby.</li> <li>• Some babies are more difficult to “read” than others.</li> <li>• It’s obvious you pay close attention to your baby.</li> <li>• As expensive as formula is, nobody wants to waste it.</li> <li>• When you’ve got so much going on, it’s easy to forget how long a bottle has been sitting out.</li> </ul>	<p><b>Discuss:</b></p> <ul style="list-style-type: none"> <li>• The importance of immunizations and monitoring of growth and development.</li> </ul> <p><b>Discuss:</b></p> <ul style="list-style-type: none"> <li>• Iron-fortified formula is the only appropriate formula for infants not receiving breastmilk or who are partially breastfed. There are no known medical conditions for which the use of iron-fortified formula is contraindicated.</li> <li>• Feeding the infant when he or she shows signs of hunger (the infant may wake and toss, suck on a fist, cry or fuss, or look like he is going to cry to show hunger). Respond to early signs.</li> <li>• Feed until infant shows signs of fullness, e.g., sealing the lips, a decrease in sucking, spitting out the nipple and turning away from the bottle.</li> </ul> <p><b>Encourage:</b></p> <ul style="list-style-type: none"> <li>• Feeding on demand, unless medically indicated otherwise.</li> </ul> <p>See NTM Sections 4.2, 4.4.1, 4.4.2</p> <p><b>Discuss:</b></p> <ul style="list-style-type: none"> <li>• Over-diluting formula may contribute to growth problems, nutrient deficiencies and water intoxication. Under-diluted formula puts an excessive burden on the kidneys and digestive system and may lead to dehydration. Decreasing the water-to-formula ratio may be appropriate for failure-to-thrive, but should only be done when recommended by the health care provider.</li> <li>• Water used in preparing infant formula for the first 3 months of life should be brought to a rolling boil for 1 to 2 minutes and then cooled.</li> <li>• Use refrigerated bottles of concentrated or ready-to-feed formula within 48 hours of preparation or opening.</li> <li>• Use refrigerated bottles of powdered formula within 24 hours of preparation.</li> <li>• Prepared bottles of formula should not be left at room temperature for more than one hour.</li> <li>• Throw out formula left in a bottle after a feeding. The mixture of saliva and formula promotes the growth of germs.</li> </ul> <p>See NTM Section 4.4.3</p>

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<p><b>Water Supply:</b></p> <ul style="list-style-type: none"><li>• Tell me about the water you use for mixing formula.</li></ul> <p><b>Baby Bottles and Sippy Cups:</b></p> <ul style="list-style-type: none"><li>• What do you think are good fluids to feed your baby from the bottle/sippy cup?</li><li>• How do you feel about your baby taking a bottle to bed?</li></ul> <p><b>Supplements:</b></p> <ul style="list-style-type: none"><li>• What kinds of supplements do you think your baby needs?</li></ul>	<ul style="list-style-type: none"><li>• Most people assume their well water is safe for their infant.</li><li>• Juice is a nutritious food.</li><li>• I can understand your baby wants the comfort of a bottle at bedtime.</li><li>• You obviously want to provide the best possible nutrition.</li></ul>	<p><b>Discuss:</b></p> <ul style="list-style-type: none"><li>• The importance of safe water.</li><li>• CDC recommends private wells be tested annually for germs and every 2 to 3 years for harmful chemicals.</li><li>• To reduce the risk of lead contamination in homes with water from private wells or public water systems:<ol style="list-style-type: none"><li>1. Always draw water from the cold-water tap.</li><li>2. If the faucet has not been used for more than 6 hours, run cold water for 2 to 3 minutes.</li><li>3. Avoid boiling water for more than 5 minutes.</li></ol></li><li>• If bottled water is used, distilled water may be the best choice, as it may contain fewer contaminants than bottled spring or mineral water.</li></ul> <p>See NTM Section 4.1.3</p> <p><b>Encourage:</b></p> <ul style="list-style-type: none"><li>• Appropriate bottle-feeding.</li></ul> <p><b>Discuss:</b></p> <ul style="list-style-type: none"><li>• Bottles should be used for formula and breastmilk. Juice should be offered in a cup without a lid. This will help limit the amount consumed and prevent dental caries.</li><li>• Other sweetened beverages are not nutritionally appropriate for infants and will contribute to the risk of dental caries, especially when offered in the bottle or sippy cup.</li><li>• Propping the bottle or giving the infant a bottle while lying down, in a car seat, carrier, or stroller can cause choking, ear infections, and dental caries.</li></ul> <p>See NTM Sections 4.4.2 and 4.4.5</p> <p><b>Encourage:</b></p> <ul style="list-style-type: none"><li>• Discussing supplement use with health care provider</li></ul> <p><b>Discuss:</b></p> <ul style="list-style-type: none"><li>• Caregivers should not supplement their infants' diets with vitamins or minerals during the first year of life, unless prescribed by a health care provider.</li><li>• Herbal or botanical preparations have chemical and biological activity, which may have side effects, and are not necessarily safe.</li></ul> <p>See NTM Section 4.5.1</p>
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<p><b>Food Security:</b></p> <ul style="list-style-type: none"><li>• Tell me what you do when you run out of WIC formula.</li><li>• Can you tell me about any food assistance programs?</li><li>• Tell me about the kitchen area and appliances you use for food storage and preparation.</li></ul> <p><b>Anthropometrics</b></p> <ul style="list-style-type: none"><li>• How do you feel about the way your baby is growing?</li><li>• What has your health care provider told you about your baby's growth?</li></ul> <p><b>Physical Activity</b></p> <ul style="list-style-type: none"><li>• Tell me about your infant's play.</li><li>• What kind of things does your baby do/play with?</li><li>• What do you know about how infants learn to do things?</li></ul>	<ul style="list-style-type: none"><li>• A lot of people are finding it difficult to make ends meet.</li><li>• I can see that you care about feeding your family well.</li></ul> <ul style="list-style-type: none"><li>• It's common for parents to be concerned about their infant's growth.</li><li>• Parents often wonder if their infant is eating the right amount.</li></ul> <ul style="list-style-type: none"><li>• I can tell you enjoy interacting with your baby.</li><li>• You're offering your baby good opportunities to explore.</li></ul>	<p><b>Discuss:</b></p> <ul style="list-style-type: none"><li>• Food and other appropriate assistance programs.</li><li>• Menu planning and budgeting.</li></ul> <p><b>Discuss:</b></p> <ul style="list-style-type: none"><li>• Infant's growth chart.</li><li>• Weight loss is common during the first 3 or 4 days of life as the infant passes his first stools and eliminates extra fluids.</li><li>• The infant should exceed his birth weight by 14 days after birth.</li><li>• Importance of following a growth curve.</li><li>• Appetite and growth spurts (typically 8-12 days, 6 weeks, 3 months, and 6 months).</li><li>• Refer to healthcare provider if weight gain is inadequate or mother continues to be concerned.</li></ul> <p>See NTM Section 4.1</p> <p><b>Encourage:</b></p> <ul style="list-style-type: none"><li>• Feeding on demand.</li><li>• Attention to hunger/satiety cues.</li><li>• Developmentally appropriate foods.</li><li>• Use of appropriate feeding methods, e.g. juice from a cup, cereal by spoon.</li><li>• Limit juice to 4 to 6 oz/day.</li><li>• Foods without added sugar.</li></ul> <p>See NTM Sections 4.1, 4.5</p> <p><b>Encourage:</b></p> <ul style="list-style-type: none"><li>• Interaction with the infant that helps her explore her environment.</li><li>• Placing infant in safe settings that facilitate physical activity and do not restrict physical activity for prolonged periods of time.</li><li>• Limit the use of infant equipment (infant seats, high chairs, swings, bouncers, exersaucers, etc.) and encourage movement in a safe environment.</li></ul> <p>See NTM Section 4.8</p>
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<p><b>Oral health</b></p> <ul style="list-style-type: none"> <li>• Tell me what you know about cleaning your baby’s mouth and teeth.</li> <li>• What are some things you do to keep your baby from getting tooth decay?</li> <li>• When do you plan to take your baby for their first visit to the dentist?</li> </ul>	<ul style="list-style-type: none"> <li>• Many parents don’t know that it’s important to clean the gums even before teeth appear.</li> <li>• Brushing an infant’s teeth is not easy.</li> <li>• It takes some patience to teach drinking from a cup.</li> <li>• It’s natural to want to give your baby foods that you enjoy.</li> <li>• I can see you care about your baby’s health.</li> <li>• A lot of people don’t realize how important it is to keep baby teeth healthy.</li> </ul>	<p><b>Encourage appropriate cleaning:</b></p> <ul style="list-style-type: none"> <li>• Before teeth appear: Infant’s mouth should be wiped out gently and the gums massaged with a clean damp gauze pad or washcloth after feedings or at least twice a day, including before bedtime.</li> <li>• Once teeth appear, teeth should be cleaned well after each feeding or at least twice a day, including before bedtime. To clean the teeth, a very small, child-size toothbrush with soft, rounded end bristles may be used with extreme care. Use water only. Continue using a clean damp gauze pad or washcloth to clean those areas in the mouth without teeth.</li> </ul> <p>See NTM Section 4.7.1</p> <p><b>Discuss appropriate bottle feeding and avoidance of simple sugars:</b></p> <ul style="list-style-type: none"> <li>• Bottles should be used for feeding only infant formula or expressed breast milk.</li> <li>• 100% pasteurized fruit juice should be given only in a cup. Drinking from a cup will be messy at first and the caregiver will need to be patient.</li> <li>• Sweetened beverages should not be given to an infant in bottle or cup. The infant should instead be fed more nutritious beverages that will help them grow.</li> <li>• Infants should not be allowed to walk around or sit alone with a bottle or spill-proof cup for long periods.</li> <li>• The bottle should only be offered at feeding time, not when going to bed to sleep or for a nap.</li> <li>• Infants should never be given a pacifier dipped in honey, syrup, or sugar.</li> <li>• Infant should not be given any concentrated sweet food such as: lollipops, sweet candies, candy bars, sweet cookies or cakes, or sweetened cereals.</li> <li>• Sweeteners should not be added to their food.</li> </ul> <p>See NTM Section 4.7.3</p> <p><b>Encourage:</b></p> <ul style="list-style-type: none"> <li>• Caregiver to take the infant to their health care provider or a pediatric dentist for a dental check by 12 months of age. If there seems to be dental problems or decay before that age, the infant should see a health care provider as soon as possible.</li> </ul> <p>See NTM Section 4.7</p>
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**Suggested Participant Resources:** #590 “Feeding Your Baby – Birth to 4 Months”