

Training Tool for Infant Assessment Questions

Type	Question	Purpose/Risk Code
Participant Centered Conversation	<ul style="list-style-type: none"> As a part of WIC services, I'm going to ask you a variety of questions about your baby's health and eating. Before we get started, what health, nutrition, or other topics would you like to be sure we talk about today? 	<ul style="list-style-type: none"> Sets the stage for the nutrition assessment Begins the assessment in a conversational manner to engage the participant Provides the opportunity for the participant to bring up topics for discussion
<p>A</p> <p>100's Anthropometric</p> <ul style="list-style-type: none"> Height/weight, %tiles Anything related to weight gain, loss, growth 	<ul style="list-style-type: none"> What has your doctor said about your baby's growth? 	<ul style="list-style-type: none"> Helps determine what other health care practitioners have discussed
	<ul style="list-style-type: none"> How do you feel about your baby's growth? <p>PROBE for these topics depending on what participant shares: family's feelings on growth, weight change, prematurity/birth weight</p>	<ul style="list-style-type: none"> Helps understand parent's perception of baby's growth Helps you understand parent's attitude about baby's size
<p>B</p> <p>200's Biochemical</p> <ul style="list-style-type: none"> Blood tests Anything related to blood- anemia, lead 	<ul style="list-style-type: none"> (If low Hgb) What has your doctor said about your baby's iron? (If low Hgb) What do you know about anemia? 	<ul style="list-style-type: none"> Helps determine if participant has been diagnosed with anemia or has had low iron in the past Provides opportunity to reinforce information or treatment given by MD Provides opportunity to build upon understanding that participant already has about anemia and effects on older baby's development
	<ul style="list-style-type: none"> Has your baby had a lead test before? 	<ul style="list-style-type: none"> Helps determine if participant has high blood lead level May indicate need for referral Risk code 211 may apply

<p style="text-align: center;">C</p> <p style="text-align: center;">300's Clinical</p> <ul style="list-style-type: none"> • Health/Medical Conditions • Anything related to medical history, medical conditions, MD access 	<ul style="list-style-type: none"> • Tell me about any medical or nutrition conditions your baby has, such as jaundice, allergies, lactose intolerance, weight loss, recent surgery, or dental issues. 	<ul style="list-style-type: none"> • Helps determine if baby has a medical condition that may need referral by WIC • May help indicate a need for medical formula • May indicate need for more information on condition and/or treatment • Risk codes 134, 345, 352, 353, 355, 359, 360, 362, 381, 603, others possible depending on medical condition
	<ul style="list-style-type: none"> • When was the last time your child had a checkup at the doctor's office? 	<ul style="list-style-type: none"> • Helps determine if well child checkups are completed and on schedule • May provide opportunity for participant to share health information given by MD at that visit
	<ul style="list-style-type: none"> • Are immunizations up-to-date? 	<ul style="list-style-type: none"> • Referral to appropriate resources may be indicated if not up-to-date
<p style="text-align: center;">D</p> <p style="text-align: center;">400's Diet and Nutrition</p>	<ul style="list-style-type: none"> • Tell me about your baby's feeding. 	<ul style="list-style-type: none"> • Gives caregiver opportunity to express feelings about feeding and/or caregiving experiences • Provides opportunity to explore challenges and support successes • Helps you to encourage breastfeeding
	<ul style="list-style-type: none"> • Breastfeeding <ul style="list-style-type: none"> ○ Tell me about your breastfeeding experience so far. How's breastfeeding going? ○ Tell me about your baby's feeding pattern. 411 ○ What changes have you noticed in your breasts? ○ How many wet diapers does your baby have in 24 hours? Dirty ones? ○ How do you tell when your baby is full or hungry? 411D PROBE depending on what participant shares: <ul style="list-style-type: none"> ▪ Does your baby seem satisfied after feeds? ▪ Are you offering both breasts at each feeding? ▪ What do you do if your baby seems hungry again shortly after eating? 	<ul style="list-style-type: none"> • Frequency of breastfeeding helps to show whether baby is getting enough breastmilk • May need to refer to MD or Lactation Consultant • Helps assess if baby is getting enough to drink and eat • Helps assess if breast milk supply is adequate • Helps assess if parent/caregiver is offering appropriate amounts of breastmilk at feeding for age of infant • Helps assess if appropriate sanitation procedures are used when breastmilk is left in bottle after feeding • Provides opportunity to identify people who can provide encouragement and help mom with caring for baby • Risk code 411G, 411I, 603 may apply

TRAINING TOOL FOR INFANT ASSESSMENT QUESTIONS

	<ul style="list-style-type: none"> ▪ How long does your baby sleep between feedings? ○ Is breastfeeding comfortable? PROBE depending on what participant shares: <ul style="list-style-type: none"> ▪ Are you feeling any pain or discomfort? ▪ Describe your breast pain. When did you first notice this pain? ▪ What feeding positions have you tried? ○ What concerns do you have about breastfeeding? ○ Are you pumping or expressing milk? Are you expressing your milk or offering formula? If so how often, how much? <ul style="list-style-type: none"> ▪ Any concerns with pumping? ▪ Any plans to be away from baby (return to work, school, etc.)? ○ If using bottles, what do you do with the breastmilk after a feeding? 411I ○ Who helps you with breastfeeding? <ul style="list-style-type: none"> ▪ What advice have you gotten about breastfeeding? ○ What are your goals with breastfeeding? ○ If breastfeeding and offering formula: <ul style="list-style-type: none"> ▪ Why do you feel like you need formula? ▪ When are you offering formula? ○ Are you familiar with how milk production works? 	
	<ul style="list-style-type: none"> • Formula Feeding <ul style="list-style-type: none"> ○ How are feedings going? <ul style="list-style-type: none"> ▪ Tell me about how you prepare a bottle for your baby ▪ What type of water do you use? ▪ What do you do with an unfinished bottle? 	<ul style="list-style-type: none"> • Helps assess if parent/caregiver is offering appropriate amounts of formula at feeding for age of infant • Provides opportunity to discuss proper preparation and dilution of formula • Helps assess if appropriate water is used • Provides opportunity to discuss proper sanitation when formula is left in bottles after feeding • Risk codes 411F, 411K, 411D, 411I may apply

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	<ul style="list-style-type: none"> • How do you know when your baby is full or hungry? • How do you hold your baby when you feed them? 	<ul style="list-style-type: none"> • Helps you know whether parent is aware of and responds to her baby’s cues of hunger • Allow you to discuss feeding cues, under-over-feeding, obesity prevention and respecting baby’s internal cues of hunger, and helping baby develop trust in caregiver • Risk Code 411D may apply
	<ul style="list-style-type: none"> • What foods/beverages does your baby get other than breastmilk or formula? 	<ul style="list-style-type: none"> • Provides opportunity to discuss appropriate fluids for bottle • Helps you learn about inappropriate fluids, feeding solids in bottle, honey, and other sweeteners • Helps identify risk for contamination of harmful microorganisms • Risk code 411C, 411D may apply
	<ul style="list-style-type: none"> • Tell me about any vitamins, supplements, or herbal tea you are giving. 	<ul style="list-style-type: none"> • Shows if the baby is getting appropriate supplements • Shows if baby may be taking potential harmful herbs, herbal tea, or herbal remedies • May need to refer to MD • Risk code 411J or 411K may apply
	<ul style="list-style-type: none"> • When do you plan to begin offering your baby food? 	<ul style="list-style-type: none"> • Provides opportunity to discuss appropriate introduction of solids • May provide opportunity to discuss baby’s developmental cues that indicate readiness for introduction of food
	<ul style="list-style-type: none"> • Older: Tell me about other foods they are eating. How often? Textures of foods given. 	<ul style="list-style-type: none"> • Helps you understand if feeding times are scheduled • Let’s you discuss health feeding patterns and appropriate textures for developmental stages of older babies and toddlers • Risk code 411D may apply
	<ul style="list-style-type: none"> • Older: What are family mealtimes like? 	<ul style="list-style-type: none"> • Helps you identify barriers that may prevent baby from being a part of family mealtimes or adds stress to family • Provides opportunity to discuss ways to include baby in family mealtimes

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<p>E</p> <p>900's Environmental/ Other Factors</p>	<ul style="list-style-type: none"> • What concerns do you have about your or your baby's safety? PROBE for safety/abuse, drug/alcohol abuse, foster care 	<ul style="list-style-type: none"> • Give appropriate referrals • Determine if your local agency requires mandatory reporting • Risk code 901, 902, 903, 904 may apply
	<ul style="list-style-type: none"> • Do you feel your family could use support from other programs for housing or food at this time? Within the past 12 months, have you worried whether your food would run out before you got money to buy more? • Within the past 12 months, has the food you bought run out and you didn't have money to get more? 	<ul style="list-style-type: none"> • Helps to show food security or insecurity • May indicate need for referrals

Minnesota Department of Health - WIC Program 625 Robert St N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us. To obtain this information in a different format, call: 1-800-657-3942.