



Leader's Answers Check Your Understanding Nutrition Risk Criteria (NRC) Revisions ID WIC Program: Effective Oct. 1, 2018

Review the scenarios below and answer the questions:

Hannah is a formula fed baby who is being certified. She was born on 7/1/18 and her due date was 7/12/18.

- Is Hannah considered preterm or early term or neither? **Early term**
- Would you assign a risk? **Yes**
- If yes, what risk would you assign? **Risk 142 Preterm or Early Term Delivery**
- What are possible topics of discussion with Hannah's mom? **Examples: baby's feeding cues, waiting until 6 months age to introduce baby foods, referral to a food bank for additional help with formula, etc.**

Maria is being certified as a breastfeeding woman. She delivered her baby two days after her expected delivery date. It's her third child. She tells you her second child was born on her due date, and her first child was born two weeks early.

- Does she have a history of preterm delivery, early term delivery or neither? **Early term**
- Would you assign a risk? **Yes**
- If yes, what risk would you assign? **Risk 311 History of Preterm or Early Term Delivery**
- What are possible topics of discussion with Maria? **Examples: breastfeeding praise/support, general healthy nutrition and physical activity topics (i.e. continuing prenatal vitamin, healthy snacks, daily walk with children), referral to a breastfeeding support group, etc.**

A foster mom brings 1-month old baby Garret to be certified. She says the birth mom was addicted to drugs and social services placed the baby in foster care.

- What additional probing questions might you ask the foster mom? **Examples: Was Garret diagnosed by a health care provider as having neonatal abstinence (withdrawal) syndrome? Is he having any difficulties with feeding?**
- How would you decide whether to assign risk? **It would depend on whether there was a diagnosis by a health care provider.**
- Using the deciding factor in the question above, what risk would you assign? **383 Neonatal Abstinence Syndrome (NAS)**
- What are possible topics of discussion with Garret's foster mom? **Examples: baby's feeding cues, how to know baby is getting enough to eat, tips to help reduce spit up, ways to comfort a fussy baby, etc.**

Roslyn is proud to fully breastfeed her baby. She recently returned to work full time and has been pumping breastmilk, but she hasn't been able to pump enough. A woman she met online is selling frozen breastmilk. Roslyn bought it and plans to have the babysitter feed it to the baby while she tries to build up her own milk volume.

- Would you assign a risk? **Yes**
- If yes, what risk would you assign? **411 Inappropriate Nutrition Practices Infants (411.5 Feeding foods to an infant that could be contaminated with harmful microorganisms/toxins or 411.9 Improper handling of expressed breastmilk or formula).**
- What are possible topics of discussion with Roslyn? **Examples: praising her for breastfeeding, making sure she has access to a good quality breast pump, ways to stimulate milk production, feeding cues to share with the babysitter, risks of purchasing breastmilk from online/informal sources, etc.**

Sumiko brings her breastfed 8-month old baby, Mako, for a health screen appointment. You ask her what she feeds her baby? She feeds Mako baby food fruits, vegetables, meat and cereal. Sumiko also gives her baby yogurt, rice, and she sometimes mixes refrigerated tofu with the baby food vegetables or fruit.

- Would you assign a risk? **No**
- If yes, what risk would you assign? **None**
- What are possible topics of discussion with Mako? **Examples: praising/supporting breastfeeding, transitioning to finger/table foods, topics related to nutrition risk(s) that were assigned at certification, etc.**