

**Answers to Questions from the Breastfeeding Review and
New Food Choices Trainings (8/09)
October 30, 2009**

Questions & Answers # 3

#	Topic	Question	Answer
1.	Baby Food	Why is WIC giving baby food meat to breastfeeding babies?	Six months of age is the perfect time to add solid foods, including baby food meat to the infant’s diet. Meat is an excellent way to provide breastfeeding infants with the iron, zinc and easily digested protein they are ready for. The extra foods are also an incentive to moms to fully breastfeed.
2.	Baby Food	Why don’t formula-fed babies get baby food meats?	Formula has high levels of iron, zinc and protein. It is fine to introduce a variety of foods to the formula fed infant, including meat from the table (when the baby is developmentally ready) but these infants do not need baby food meat.
3.	Baby Food	What if a client doesn’t want the baby food meats or the family is vegetarian?	Clinic staff may reduce the amount of baby food meat, or remove all of it from the infant’s food package per client preference. WIC staff should first talk to moms about ways to use baby meats like mixing the meat with vegetables, potatoes, rice or other foods before reducing or removing it. If baby food meats are removed, staff should educate families about non-meat sources of iron, zinc and protein, like beans, especially mashed garbanzo beans, split peas and lentils.
4.	Baby Food	Why do breastfeeding infants get more fruits and vegetables?	Extra foods were added to the food packages for breastfeeding infants and mothers to better promote and support breastfeeding.
5.	Baby Food	What if the client doesn’t want all of the baby food fruits and vegetables, baby cereal, or baby food meat?	Clinic staff may reduce the amount of, or eliminate any food from the infant food package per client preference. Staff should discuss options with families for using the foods first, but if the caregiver decides they do not need all of the foods, staff can remove or reduce them per client preference.
6.	Breastfeeding Concerns	What if a breastfeeding mom is concerned that she does not have enough milk for her baby?	This is a common concern. However, it is rare for a woman to not make enough milk to feed her baby. Breastfeeding makes breastmilk. Giving formula <u>harms</u> breastfeeding and decreases milk supply. Frequent breastfeeding without limitation on the length of the feeding is the best way to establish good breastmilk production. If milk production is a concern, refer her to CPA trained in breastfeeding support or a peer counselor who can do a Breastfeeding Review.
7.	Breastfeeding Concerns	What if a breastfeeding mom has to go back to school/work?	Fully breastfeeding in the first month of life establishes a good production of breastmilk for later pumping or hand expression. If the mom can wait until her baby is a month old, or longer, before going back to work or school, she is more likely to be successful at expressing milk for her baby when they are

**Answers to Questions from the Breastfeeding Review and
New Food Choices Trainings (8/09)
October 30, 2009**

#	Topic	Question	Answer
			<p>separated. After she goes to work or school, she can keep up her milk production with regular expression of breastmilk with a good quality pump and frequent breastfeeding when she is with her baby. If the mom's WIC clinic has a pump program, staff should assess her eligibility for a breast pump based on the clinic's pump policies. Encourage exclusive breastfeeding while working and/or going to school. For more information on working and breastfeeding go to the Breastfeeding Coalition of Washington website at http://www.withinreachwa.org/download_materials</p>
8.	Breastfeeding Policies	What are the key components of the new WIC breastfeeding policies?	<p>The key policies are:</p> <ul style="list-style-type: none"> • Formula will no longer be routinely issued to breastfeeding infants, especially in the first month of life. • All breastfeeding women and their infants will receive a Breastfeeding Review before receiving any formula or an increase in the amount of formula they are receiving from WIC. • Only a CPA trained in breastfeeding support can do the Breastfeeding Review and assign or change the food package.
9.	Breastfeeding Review	What is a Breastfeeding Review?	<p>A Breastfeeding Review is an assessment of how breastfeeding is going. It is required when a breastfeeding woman is requesting infant formula or an increase in the amount of formula she is already receiving from WIC. A Breastfeeding Review may be done whenever a breastfeeding woman has questions about breastfeeding. The purpose of the review is to address any concerns and help find solutions that enable her to continue to breastfeed, and to minimize/delay the use of formula. Our goal is to help moms successfully breastfeed. For more information about the Breastfeeding Review please visit the Washington State WIC Program website: http://www.doh.wa.gov/cfh/WIC/default.htm</p>
10.	Breastfeeding Review	Why is a Breastfeeding Review required before issuing formula to breastfeeding infants?	<p>The USDA specifically stated that a careful assessment of the breastfeeding dyad must be performed before infant formula can be issued because formula supplementation contributes to the cessation of breastfeeding, especially in the first 4 weeks of the infant's life. In Washington State we call this careful assessment a Breastfeeding Review.</p>

**Answers to Questions from the Breastfeeding Review and
New Food Choices Trainings (8/09)
October 30, 2009**

#	Topic	Question	Answer
11.	Breastfeeding Review	What if there is no CPA available to do a Breastfeeding Review?	<ul style="list-style-type: none"> • Explain to the client that staff who can determine which food package to issue are not available. • Encourage continued breastfeeding and inform her that giving formula to her infant may decrease her ability to make milk. • Offer support to the client (within the staff person's skill level). • Schedule the client as soon as possible for a time when the CPA is available to do a Breastfeeding Review or refer to community resources to complete the Breastfeeding Review, if available. • Suggest that the client use formula from other sources or purchase with Basic Food benefits or cash. • Document any other pertinent information for CPA follow-up.
12.	Breastfeeding Review	Does the Breastfeeding Review have to be documented?	Yes. The Breastfeeding Review can be documented in either the infant's or mother's chart in the notes section of Client Services. The required information includes the problem, the intervention (what was done to address the problem) and if formula was issued. Other pertinent information may be included.
13.	Breastfeeding Review	Does the Breastfeeding Review fulfill the Second Contact requirement?	Yes, as long as the Breastfeeding Review is done in-person by WIC staff.
14.	Breastfeeding Review	Can non-WIC staff do a Breastfeeding Review?	Yes. A Peer Counselor, a hospital or community lactation consultant, or a LLL leader can do a Breastfeeding Review and submit a written report to the client's WIC clinic. Information from this report is entered into the infant or woman's record. Include the name of the person who did the Breastfeeding Review and the date it was done. Peer Counselor may elect to share this information verbally.
15.	Breastfeeding Review	Can a Breastfeeding Review happen over the phone?	Yes.
16.	Formula	Why is WIC no longer routinely issuing formula to breastfeeding infants?	Research shows that early formula supplementation contributes to early weaning. The Institute of Medicine (IOM) recommends not routinely issuing infant formula, especially in the first month of life. In response to the IOM's recommendations the USDA has prohibited WIC from routinely issuing infant formula in the first month of life to breastfeeding infants.

**Answers to Questions from the Breastfeeding Review and
New Food Choices Trainings (8/09)
October 30, 2009**

#	Topic	Question	Answer
17.	Formula	Can a clerk assign the food package and issue formula checks to a breastfeeding infant?	No. Federal regulations state that a CPA must assign the food package. Page 1 of Chapter 23 in the WIC Manual states: A Competent Professional Authority, CPA, shall assess a client's nutritional needs and determine an appropriate food package, considering the client's category, age, nutritional needs and any other relevant information. The amount of supplemental foods issued shall not exceed the specified maximum amounts.
18.	Formula	If after the Breastfeeding Review it is determined the breastfeeding mom needs formula, what does the CPA do?	Based on the assessment the CPA: <ul style="list-style-type: none"> • Provides counseling and support to the breastfeeding woman to encourage her to breastfeed as possible. • Informs the client of the negative effect formula supplementation has on breastmilk production. • Issues checks for the minimum amount of powder formula needed. • Documents the Breastfeeding Review. • Refers the mom to community resources as appropriate.
19.	Formula	After doing a Breastfeeding Review and determining that formula is needed, how does the CPA calculate the minimum amount of powder formula needed?	The CPA works with the mom to assess how much formula is needed by determining the number of ounces needed per day. Refer to Breastfeeding Staff Tool #2: Food Packages for Breastfeeding Mom and Baby the First Month of Life/Determining Supplemental Formula Amounts for Standard Formulas, DOH 960-152.
20.	Formula	Doesn't feeding breastmilk and formula give a baby the best of both?	No, breastmilk is best for babies. Formula does not contain all of the components needed for optimum growth, brain development and long-term health. Feeding formula to infants changes their immune system and puts them at risk of developing a number and chronic diseases and illnesses.
21.	Infant Food Packages	What infant food packages are available during the first month of life?	There are two options available for infants in the first month of life. <ul style="list-style-type: none"> • Fully BF 0 thru 5 months (no formula). • Formula 0 thru 3 months (if any formula is needed, staff issue the minimum number of cans to the breastfeeding infant).
22.	Infant Food Packages	Why can't a partial formula food package be issued to breastfeeding infants in the first month of life?	Federal regulations prohibit issuing a partial infant formula food package in the first month of life in order to protect milk production in those first critical weeks of breastfeeding. The breasts make milk in response to three factors: the mother's hormones, breast stimulation and milk being removed from the breast. When formula is given to a breastfeeding infant, the breastmilk

**Answers to Questions from the Breastfeeding Review and
New Food Choices Trainings (8/09)
October 30, 2009**

#	Topic	Question	Answer
			production process is interrupted and the mother's body gets the signal that it does not need to make milk.
23.	Infant Food Packages	If the "Formula 0-3 months" food package is issued to breastfeeding infant (whose mother had a breast reduction and really needs formula in the first month), can I reduce the amount of formula in the food package to meet the needs of the breastfeeding dyad, or do I have to issue all 9 cans?	Yes. Staff are required to conduct a Breastfeeding Review and provide only the amount of formula to meet the needs of the breastfeeding dyad. In the Assign Foods tab, click on "Reduced Reason" and select "Other" in the drop down box as the reason the food package was reduced. It is recommended that in the Note section of this tab, staff type in "Breastfeeding Review" or "BFR."
24.	Infant Food Packages	Why can't formula checks be issued to a breastfeeding infant whose mom wants to give an occasional bottle without doing a Breastfeeding Review?	The addition of formula <u>harms</u> breastfeeding, especially in the first four weeks after delivery. A Breastfeeding Review is an opportunity for the CPA to share this information and discuss all of the options to help the mom be successful at breastfeeding. Providing a Breastfeeding Review is a federal requirement.
25.	Staff Resources	What resources does the state office provide for WIC staff and/or clients to support breastfeeding?	<p>The Washington State WIC Nutrition Program is committed to providing resources to support staff in promoting and supporting breastfeeding. Some of these resources include:</p> <ul style="list-style-type: none"> • <u>Breastfeeding: Keep It Simple</u> by Amy Spangler • "I am a Breastfeeding Baby" crib cards • Breastfeeding bookmarks • A variety of breastfeeding handouts and other items available from the Department of Printing Fulfillment Center • Electric breast pumps • Manual breast pumps • Breastfeeding Welcome Here clings • Regional breastfeeding trainings <p>Please don't hesitate to contact us if you have questions about these resources.</p>
26.	Supporting Breastfeeding	If over half of infants are supplemented with formula before	Be sure your moms get the information they need before their babies are born. Many moms need to be empowered to speak up for what they want and WIC

**Answers to Questions from the Breastfeeding Review and
New Food Choices Trainings (8/09)
October 30, 2009**

#	Topic	Question	Answer
		they leave the hospital, how can WIC help moms be successful at breastfeeding?	staff can help them. Discuss and provide the “I am a Breastfeeding Baby” crib card (DOH 960-142) to all pregnant women. You may also want to share the crib cards and the accompanying staff tool “Breastfeed- right from the start!” with local hospitals, OB, pediatric and family practice offices that have high rates of early formula supplementation, give out free samples of formula or just need some education about breastfeeding.
27.	Supporting Breastfeeding	How can WIC staff help moms overcome barriers that interfere with breastfeeding?	Addressing a mom’s concerns throughout her pregnancy and giving information that meets her individual needs goes a long way to help moms be successful at breastfeeding. You can offer guidance on how to get breastfeeding off to the right start in the hospital and what to expect in those early days and weeks. Discuss and provide the “I am a Breastfeeding Baby” crib card (DOH 960-142) to all pregnant women.
28.	Woman Food Package	When the Breastfeeding Review is done in the first month of life and it is determined that the infant needs formula, what food package does the mother get?	If the mother has not been issued checks for the current month, then issue her the “Pregnant” food package. Make her next appointment with a CPA trained in breastfeeding support to reassess her and her baby’s needs the next month.
29.	Woman Food Package	What does the CPA do when a woman has been issued a Fully Breastfeeding Food package, cashes her check(s) and comes back for formula in the first 30 days postpartum?	Staff completes a Breastfeeding Review. If it is determined that baby needs formula, issue the “Some BF 0 to 1 month” food package, which contains one can of powder formula. This is a special food package for fully breastfeeding women who have already cashed their breastfeeding check(s) and truly need formula in the first 30 days of their infant’s life. This is the federal maximum amount of formula allowed in this circumstance. Staff retrieves any unused checks for subsequent months and has the client return to the clinic after the infant turns 30 days old to provide additional breastfeeding support and determine the correct food packages.
30.	Woman Food Package	If a mom is fully breastfeeding her baby and also breastfeeding her two year old, does she qualify for the “Fully Breastfeeding Multiples” food package?	No. The “Fully Breastfeeding Multiples” food package is for multiples (babies) from the same pregnancy. She is eligible for the “Fully Breastfeeding” food package.
31.	Woman Food Package	If a mom is fully breastfeeding one twin and partially breastfeeding the	No. Both twins must be fully breastfeeding for her to qualify for the “Fully Breastfeeding Multiples” food package. In this case, the mom would be

**Answers to Questions from the Breastfeeding Review and
New Food Choices Trainings (8/09)
October 30, 2009**

#	Topic	Question	Answer
		other does she qualify for the “Fully Breastfeeding Multiples” food package?	eligible to receive a “Fully Breastfeeding” food package as long as the babies are not getting over 1 full formula package between the two infants.
32.	Woman Food Package	When would a breastfeeding woman get the “Some Breastfeeding 0-6 months” food package?	If a woman is breastfeeding and her infant is getting more than ½ of an infant food package, she is eligible for the Some BF 0 thru 6 food package until her infant turns 7 months of age.
33.	Woman Food Package	Is the women’s “Some Breastfeeding 0-6 months” food package the same as the “Postpartum” food package?	Yes.
34.	Woman Food Package	How long can a woman getting the “Some Breastfeeding 7 thru 12 months” food package stay on WIC?	As long as she continues to breastfeed she is an active client and receives program benefits (e.g. nutrition education, referrals, breast pumps depending on local agency policies, and Farmer’s Market checks) until her baby’s first birthday. However, she does not receive checks for WIC foods.

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388)
This institution is an equal opportunity provider - Washington WIC does not discriminate.

