

Breastfeeding and the Nutrition Interview

- I. The breastfeeding status should be asked about and updated as needed at every WIC contact for all breastfeeding women (partially or exclusively).
- II. Complete the Breastfeeding Panel, Nutrition Interview, and create a care plan at every certification for mom and infant. These should also be completed at every infant midcertification and recertification for children 2-years-old and younger.
 - a. Complete the Breastfeeding Panel if breastfeeding status changes outside of the appointments listed above.
 - i. Document the completed breastfeeding assessment in the Food Package screen's "Comments" field. Document additional details in the care plan if needed.
- III. The nutrition interview process should be interactive between the staff person and the participant.
 - a. The interview should incorporate VENA in providing breastfeeding counseling, support, and education.
- IV. Use the list below on the conversion of months to weeks, when completing breastfeeding frequency fields. To convert months to weeks:

1 month = 04 weeks
2 months = 09 weeks
3 months = 13 weeks
4 months = 17 weeks
5 months = 22 weeks
6 months = 26 weeks
7 months = 30 weeks
8 months = 35 weeks
9 months = 39 weeks
10 months = 43 weeks
11 months = 48 weeks
12 months = 52 weeks
13 months = 56 weeks
14 months = 61 weeks
15 months = 65 weeks
16 months = 69 weeks
17 months = 74 weeks

18 months = 78 weeks
19 months = 82 weeks
20 months = 87 weeks
21 months = 91 weeks
22 months = 96 weeks
23 months = 100 weeks
24 months = 104 weeks

V. Use the list below for Breastfeeding Panel questions to convert days to weeks:

0- 6 days = 0 weeks (Count the day of birth as Day 0)
7-13 days = 1 week
14-20 days = 2 weeks
21-27 days = 3 weeks
28-34 days = 4 weeks
35-41 days = 5 weeks
42-48 days = 6 weeks
13 weeks = 3 months

VI. Definitions for Breastfeeding Panel - Formula and Foods columns:

- a. **Nothing**- has not been fed anything other than breast milk, vitamins, minerals, or medications.
- b. **Rarely**- has been or is being fed something other than breast milk, vitamins, minerals, or medications.
- c. **Regularly**- is receiving something other than breast milk, vitamins, minerals, or medications (e.g., formula, rice cereal) on a regular basis.