



**Trainee Edition**

# Nevada WIC Training Infant Nutrition Guidebook



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## What Will You Learn?

While completing the Infant Nutrition LMS course and this associated guidebook, you'll learn the basics of infant nutrition, family meals, physical activity, and dental health.

## Items Needed for This Course

- Pen or pencil
- Access to the Infant Nutrition LMS course

## Recommended Time

- Approximate time it takes to complete the Infant Nutrition LMS course: 1-2 hours
- Approximate time it takes to complete the face-to-face activities and discussion with your trainer: 1-2 hours

## Things to Remember

- This guidebook is yours to keep.
- You are encouraged to take notes, highlight, and write in the guidebook.
- As your trainer chooses, you may work in a group or as an individual.
- You are encouraged to ask your trainer(s) for help, ask questions about the information in the course, or ask any questions about additional topics related to infant nutrition training.

## Infant Nutrition Course Instructions

- ❑ Log onto <https://nwwic.instructure.com/login/canvas>
- ❑ Open and complete all modules of the Infant Nutrition LMS Course and the corresponding Infant Nutrition Activities in this guidebook.
- ❑ At your trainer's direction, complete the Infant Nutrition LMS Course and guidebook, either individually, with other trainees, or with your trainer.
- ❑ Complete the Infant Nutrition LMS Course Post-Test
- ❑ Meet with your trainer at their direction to discuss each module of the Infant Nutrition LMS Course and the associated activities in this guidebook, either after each module or after all modules have been completed.

## Module 1: Young Infant Nutrition (Birth to 6 Months)

### MODULE 1 COMPETENCIES:

1. Trainees will be able describe the Division of Responsibility for Young Infants to caregivers.
2. Trainees will be able to list infant hunger and fullness cues.
3. Trainees will be able to describe the potential problems of adding cereal to bottles to caregivers.
4. Trainees will identify appropriate recommendations for storing breastmilk and formula.

### Module 1 Questions:

1. How would you explain the Division of Responsibility for Young Infants to caregivers?

2. Complete the table below by listing hunger/fullness cues that infants use to indicate that they need to be fed, or are done eating.

Hunger Cues	Fullness Cues
1)	1)
2)	2)
3)	3)
4)	4)

3. How would you explain to caregivers of infants less than 4 months old, the potential problems of adding cereal to bottles?

4. Complete each table below to indicate how long formula and breastmilk can be safely stored before being discarded.

TABLE 1: FRESHLY PUMPED OR PREPARED BREASTMILK OR FORMULA

	Room temperature (freshly pumped or prepared)	Refrigerated (freshly pumped or prepared)	Frozen
Breastmilk			
Powdered Formula			N/A
Concentrated Formula			N/A
Ready-to-Feed (RDF) Formula			N/A

TABLE 2: THAWED BREASTMILK OR FORMULA (OR LEFTOVER FROM A FEEDING)

	Room temperature (Thawed)	Refrigerated (Thawed after frozen storage)	After feeding has begun (baby did not finish the bottle)
Breastmilk			
Powdered Formula	N/A	N/A	
Concentrated Formula	N/A	N/A	
Ready-to-Feed (RDF) Formula	N/A	N/A	



3. Describe why family meals are important.
  
4. What advice would you offer to a caregiver who has never offered family meals and snacks, but is interested in starting.
  
5. Match each letter of developmental skills with its corresponding step of solid food progression.

Four Steps of Solid Foods	Developmental Skills
____ Step 1 Pureed Foods	D. Skills: <ul style="list-style-type: none"> <li>● Close their lips around the rim of a cup</li> <li>● Pick up food and put in their mouth</li> <li>● Takes bites off of food, and</li> <li>● Chew foods, but occasionally gag</li> </ul>
____ Step 2 Thicker, Lumpy Food	B. Skills: <ul style="list-style-type: none"> <li>● Sit up alone or with support</li> <li>● Open their mouth for the spoon</li> <li>● Close their mouth over the spoon</li> <li>● Keep most of the food in their mouth</li> <li>● Swallow</li> </ul>
____ Step 3 Finger Foods	C. Skills: <ul style="list-style-type: none"> <li>● Use their fingers (not entire hand) to pick up food</li> <li>● Can consistently chew and swallow foods without gagging</li> </ul>



<p>____Step 4 Easy-to-chew Grown-up Foods</p>	<p>D. Skills:</p> <ul style="list-style-type: none"> <li>● Pick up food, but cannot let it go</li> <li>● Keep food in mouth instead of swallowing right away</li> <li>● Move food to the side of their mouths</li> <li>● Munch on food</li> </ul>
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6. What advice would you offer to WIC participants to prevent choking hazards?

7. List the 8 most common food allergies.

1.	2.
3.	4.
5.	6.
7.	8.

8. What advice would you offer to a caregiver regarding the introduction of common allergenic foods to a child without any history of eczema or food allergies?

9. Briefly explain how a caregiver can recognize symptoms of a food allergy.

## Module 3: Healthy Eating Recommendations

### MODULE 3 COMPETENCIES:

1. Trainees will be able to explain the Division of Responsibility in Physical Activity for infants.
2. Trainees will be able to share recommendations about appropriate physical activities for infants.
3. Trainees will offer appropriate recommendations to caregivers about maintaining good oral health both during and after the eruption of teeth, and how to prevent baby bottle tooth decay in older infants and young toddlers.

### Module 3 Questions:

1. How would you describe the Division of Responsibility in Physical Activity for Infants to caregivers?

2. Match the letter of the age range with the recommended way that caregivers can encourage physical activity.

Age Range	Recommended Way for Caregiver to Encourage Physical Activity
___ 11 to 15 Months	A. Caregivers hold infants up and encourage them to reach for things.
___ Around 6 Months of Age	B. Caregivers put infants on their stomachs to practice moving.
___ By 4 Months of Age	C. Caregivers can encourage crawling and pulling to stand by placing objects just out of the infant's reach.
___ Newborns	D. Caregivers provide safe places for infants to practice walking.

____7 to 10 Months	E. Caregivers make sure infants have safe places to practice sitting up on their own.
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3. How should infants' oral health be maintained before their first teeth erupt?

4. How should infants' oral health be maintained after their first teeth erupt?

5. How can Baby Bottle Tooth Decay be prevented?