



**Trainee Edition**

Arizona WIC Training

# **Infant Nutrition Guidebook**



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

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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://az.train.org/DesktopShell.aspx>
- ☐ Open and complete all modules of the Infant Nutrition LMS course and the corresponding Infant Nutrition Activities in this guidebook.
- ☐ At your trainer's discretion, complete the Infant Nutrition LMS course and guidebook, either individually, with other trainees, or with your trainer.
- ☐ Complete the Infant Nutrition LMS Post-Test.
- ☐ Meet with your trainer at their discretion 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

Directions:

Answer the following 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 show 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 the tables below to show how long formula and breastmilk can be safely stored before being discarded.

Table 1: Freshly Pumped or Prepared Breastmilk or Formula

	<b>Room Temperature</b> (freshly pumped or prepared)	<b>Refrigerated</b> (freshly pumped or prepared)	<b>Frozen</b>
<b>Breastmilk</b>			
<b>Powdered Formula</b>			N/A
<b>Concentrate Formula</b>			N/A
<b>Ready-to-Feed (RTF) Formula</b>			N/A

Table 2: Thawed Breastmilk or Formula (or Left Over from a Feeding)

	<b>Room Temperature</b> (thawed)	<b>Refrigerated</b> (thawed after frozen storage)	<b>After Feeding has Begun</b> (baby did not finish the bottle)
<b>Breastmilk</b>			
<b>Powdered Formula</b>	N/A	N/A	
<b>Concentrate Formula</b>	N/A	N/A	
<b>Ready-to-Feed (RTF) Formula</b>	N/A	N/A	

## **Module 2: Older Infant to Young Toddler Nutrition (6 to 18 Months)**

### MODULE 2 COMPETENCIES:

1. Trainees will be able describe the Division of Responsibility for older infants and young toddlers.
2. Trainees will identify appropriate ages to include infants in family meals.
3. Trainees will be able to explain the importance of family meals.
4. Trainees will be able to offer recommendations to caregivers about introducing infants to family meals.
5. Trainees will describe signs of developmental readiness associated with the four stages of solid food progression during infancy.
6. Trainees will be able to offer recommendations to help caregivers recognize choking hazards for infants.
7. Trainees will correctly identify the eight most common allergenic foods.
8. Trainees will be able to offer evidence-based recommendations about introducing allergenic foods to older infants and young toddlers.
9. Trainees will correctly identify the symptoms of food allergies.

## **Module 2: Questions**

Directions:

Answer the following questions.

1. What is the Division of Responsibility for older infants and young toddlers?
2. When would caregivers ideally begin to bring older infants and young toddlers to eat alongside other family members during meals and snacks?
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 the steps of solid food progression to the corresponding developmental skills.

Four Steps of Solid Foods	Developmental Skills
____ Step 1 Pureed Foods	<p>A. Skills:</p> <ul style="list-style-type: none"> <li>● Close his lips around the rim of a cup</li> <li>● Pick up food and put into his mouth</li> <li>● Take bites of food</li> <li>● Chew foods, but occasionally gags</li> </ul>
____ Step 2 Thicker, Lumpy Food	<p>B. Skills:</p> <ul style="list-style-type: none"> <li>● Sit up alone or with support</li> <li>● Open her mouth for the spoon</li> <li>● Close her mouth over the spoon</li> <li>● Keep most of the food in her mouth</li> <li>● Swallow</li> </ul>
____ Step 3 Finger Foods	<p>C. Skills:</p> <ul style="list-style-type: none"> <li>● Use his fingers (not entire hand) to pick up food</li> <li>● Consistently chew and swallow foods without gagging</li> </ul>
____ Step 4 Easy-to-chew Grown-up Foods	<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 her mouth</li> <li>● Munch on food</li> </ul>

6. What advice would you offer to WIC participants to help them recognize choking hazards?

7. List the 8 most common food allergies.

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

Directions:

Answer the following questions.

1. How would you describe the Division of Responsibility in physical activity for Infants to caregivers?
2. Match 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	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.

