

Feeding Young Children Counseling Tool



About This Tool

Design

- Flipchart design successfully used in USDA FitWIC projects
- Place flipchart where Client can easily see it
- Counselor view guides conversation via a series of open-ended questions
- *Clarifications are provided in italics*
- Client view displays a related visual
- Education tabs provide supplementary information on calcium needs and prior weaning experiences.

The interview is aimed at promoting the following, gradual strategy for bottle weaning: (1) Wean from daytime bottles, (2) wean from wakeup bottles, (3) wean from bedtime bottles.

Development

- The project team worked with NYS Department of Health, nutritionists at the WIC study sites and outside experts to develop initial drafts of this tool.
- The tool was subsequently pilot tested at several group and individual sessions with WIC participants similar to the target audience, i.e. parents of children around the age of 12 months.
- Significant changes were made based on client feedback, which included:
 - Less abstract language.
 - More responsive to the needs for additional information, particularly about the plan for weaning and how to deal with relatives who may be opposed to it.
 - Visually appealing images, i.e. magazine quality photographs.
 - Providing a brochure mirroring the flipchart's main points. The accompanying brochure can support parents in making this change by educating family/significant others.

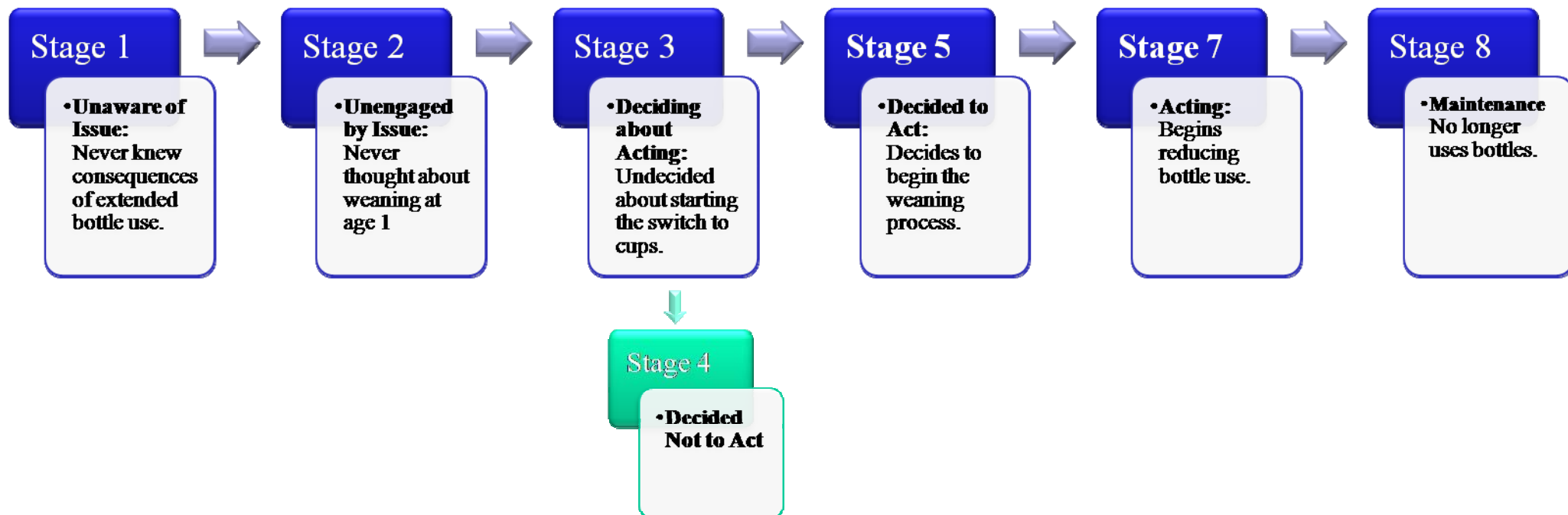
This flipchart and the accompanying brochure are available at: <http://www.ProudToBeBottleFree.org>

About This Tool

Underlying Theoretical Model

For behaviors with known risks & benefits, discussing behavior change “trade-offs” makes sense. Alternatively, lack of awareness of risks and benefits can dampen engagement in the change process. We posit that WIC clients are unlikely to appreciate the *full* gamut of potential risks (dental caries, overweight, iron deficiency anemia) of bottle use past 1 year of age, along with the potential benefits (e.g., improved speech & swallowing skills) of timely weaning.

Our conceptual framework, the Precaution Adoption Process Model (PAPM) outlines a pathway from ‘lack of awareness’ to ‘adopting or maintaining a healthy behavior.’ The PAPM is uniquely apt, given the relative lack of awareness of the above consequences of prolonged bottle use. Here is a brief summary of the PAPM, and how it would apply to bottle weaning:



Starting the Conversation

When do children you know usually make the switch from bottles to cups?

Probes:

- Either older children in the family, or children they know.
- Have you heard anything about when it's recommended that children switch?
 - *According to dentists and doctors, children should switch from a bottle to a cup when a child turns 1.*



Healthy Teeth

Have you heard of baby bottle tooth decay?

- *Caused when non-water liquids remain in child's mouth for a long period of time, e.g. milk of all types, juice, formula.*
 1. *Liquid from a baby bottle builds up in the mouth.*
 2. *Liquid's natural or added sugars are changed to acid by germs in mouth.*
 3. *Acid starts to dissolve the teeth, mainly upper front → decay*

Long Term Effects:

- *Children can lose baby teeth too early because they are decayed. Braces will probably be needed when they're older.*
- *An infection near decayed baby teeth that can affect the permanent teeth.*



If the parent is adamant about not wanting to make the change, politely end the conversation.

Healthy Teeth



Healthy Weight

Have you heard anything about using bottles and children gaining extra weight?

Clarify:

Research shows that the longer children stay on the bottle, the less likely they are to keep at a healthy weight.

Even when kids have lots of milk, they still also eat lots of food (liquid calories make them feel temporarily full).

Remember:

***Milk and juice are okay,
in the right amount and in the right way.***

Healthy Weight



Milk is a Liquid Food

What is this picture trying to say?

Clarify:

CALORIES: 1 bottle of milk = 2 fried eggs

Or 1 hot dog, or 3 oreos, or 2 slices of white bread

- *Milk has calories just like food and can make a child feel full.*
- *When children drink milk from bottles, they usually drink more than they need.*
- *A toddler's stomach is small: about the size of his or her fist. Filling their stomach with milk leaves little room for solid foods.*

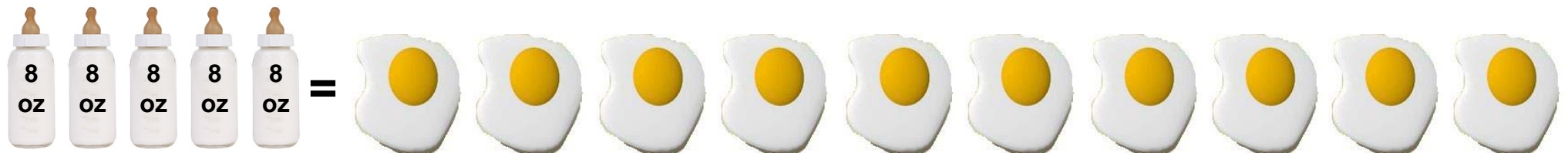
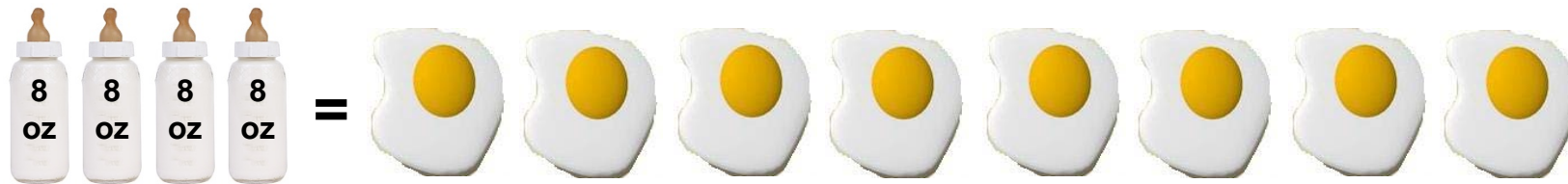
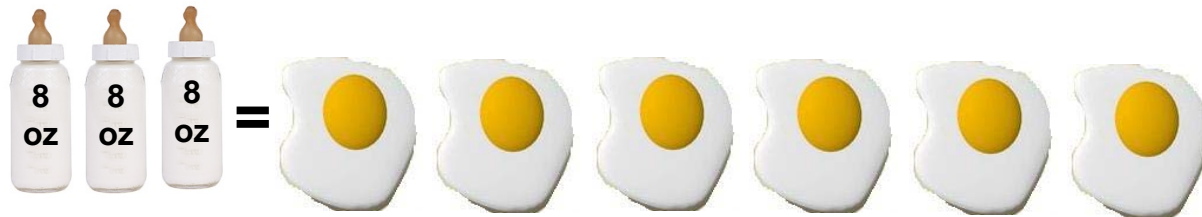
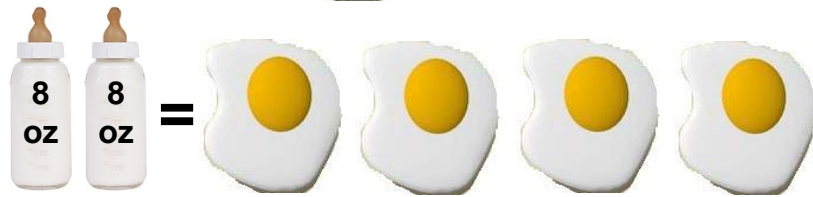
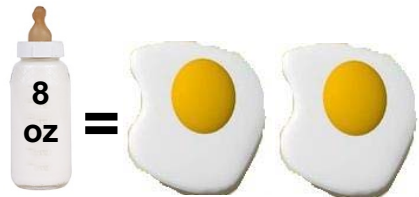
How much milk a day does a one year old need?

Children 1 to 3 years of age don't need more than 16 oz. milk/day

Probe: How full would you feel if you drank five cups of milk a day?

Milk is a Liquid Food

CALORIES: 1 bottle of milk = 2 fried eggs



Healthy Blood

Do you know why WIC asks for blood?

Have you heard of iron deficiency anemia?

Drinking from bottles makes it easy to drink too much milk. Extra milk causes iron deficiency anemia.

- *Most severe iron deficiency in young children is from drinking too much milk.*
- *Iron deficiency causes attention and learning problems.*
- *Too much milk blocks the iron from other foods.*

Remember:
*Milk and juice are okay,
in the right amount and in the right way.*



If the parent is adamant about not wanting to make the change, politely end the conversation.

Healthy Blood



Beginning to Be Bottle-Free

Would you like to hear a step by step plan other parents have used to help their children become bottle-free?

There are just three steps:

- 1. Switch the daytime bottles to cups*
- 2. Switch wakeup bottles to cups*
- 3. Switch bedtime bottles to cups*

Best times to start:

- Vacations or long weekends with long stretches of time to spend nurturing their child during the change.*

Change is often seen in as quickly as 2 to 3 weeks.



If the parent is adamant about not wanting to make the change, politely end the conversation.

Beginning to Be Bottle Free



Daytime And Morning Bottles

Some people find it useful to make the change slowly, beginning with bottles during the day.

If you were going to start a step by step plan to help [child] switch to cups only during the day, what are some ideas you might have?

- *Offer or a cup of milk, maybe a snack; only offer a bottle of water if s/he insists on a bottle.*
- *Leave the bottle home.*
- *Tell him you love him and giving hugs and kisses throughout the day so that s/he feels secure and cherished in many different situations.*
- *Tell a story or sing to distract the child whenever s/he asks for a bottle.*

Once [child] is using only cups during the day, use the same techniques to make the switch first thing in the morning.

Daytime Bottles



Switching From Bedtime Bottles

What sorts of things might you do to make it easier for [child] the first night?

- *Offer healthy snack before bedtime.*
- *Give extra comfort and attention, lots of hugs and kisses.*
- *A bottle of water or pacifier -- if the child wants to suck.*
- *Take the child out of bed and offer food if you think [child] is hungry.*
- *Offer a special blanket or play music as the child drifts off to sleep.*
- *Cuddle up with a book, tell stories, or sing songs.*
- *A routine to replace bottle time like a warm bath.*

Remember:

*Milk and juice are okay,
in the right amount and in the right way.*

Bedtime Bottles



Feeding Young Children. A flipchart and counseling tool developed by: Karen A. Bonuck, PhD; Christel Hyden, MS, CHES; and Richard Kahn, MS, RD

Development of this publication is supported by National Research Initiative Grant no. 2007-04556 from the USDA Cooperative State Research, Education, and Extension Service, Human Nutrition and Obesity Program.

All reasonable precautions have been taken by the publishers to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either express or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event should the USDA, Albert Einstein College of Medicine or any of the contributors to this publication be liable for damages arising from its use.



Educational Supplement

Experiences Switching

Have you had any experiences switching from bottles to cups?

What have been some of your successes or challenges with switching to cups?

Parent Concern	Sample Responses
“My other children didn’t switch at 1 and were fine.”	Not all bottle use leads to cavities, low iron, too much weight gain, or fussy eating habits.
“I tried taking the bottle away, but...”	Tell me about a success you’ve had with your child that you never thought you could achieve. How hard was it at the beginning? How did it feel to be successful?
“My older child still uses a bottle, how could I possibly wean [child]? Do I have to wean both now?”	Would it be easier for you to just start with your 12 month old for now? Or both together? Could your success with him/her help your older child decide to switch to a cup? How will your older child react to seeing your 1 year old use a cup?

Experiences Switching



Juice is Liquid Fruit

While we're talking about milk, what does this picture of juice and oranges say to you?

Clarify:

CALORIES: 8 oz of 100% orange juice = 3 small oranges

- Though it's a drink, juice has calories just like food, and makes children feel full.
- A 1 – 6 year old child needs no more than 6 ounces of 100% juice each day.
- All juices have calories just like the fruit they come from:
 - 8 oz of 100% grape juice = about 85 grapes, or nearly a pound and a half
 - 8 oz of 100% apple juice = two small apples

Juice is Liquid Fruit

CALORIES: 8 oz of orange juice = 3 oranges



**8 Ounces
100% orange
juice**

=



What to Expect: Other's Reactions

Suggested Questions:

- How do you think the people in your child's life – your family, the babysitter – would react to switching from a bottle to a cup?
- What's worked for you with grandparents or others who have different ideas about child raising?

HANDOUT: Other parents tell us that this brochure would be a good way to educate others about what we've talked about today.

What to Expect: Family and Friends



What to Expect: Eating

What are your concerns about [child] drinking milk from a cup?

Parent Concern	Sample Responses
"I'm afraid my child won't drink enough milk."	<i>At first, [child] may not. Child will soon take milk from a cup. 1 year olds don't need more than 16 ounces a day. (see Educational material: Calcium)</i>
"The milk will spill."	<i>Use a lidded cup filled only halfway.</i>
"I'm afraid my child won't eat enough."	<i>The amount and type of food children eat varies. They don't eat a square meal. They eat what tastes good. Think about what your child eats over a week or so to judge if s/he is getting enough.</i>

Golden rule of feeding children: Parent provides, child decides.

Using cups develops the tongue, jaws and lips. This results in good swallowing skills. Over time, they'll get better at chewing and can enjoy the same foods that the rest of your family eats.

What to Expect: Meals



What to Expect: Your Child's Response

How do you think [child] will react to being offered a cup?

- *You might see crying, clinging, throwing the cup, or refusing food/drink.*
- *[Child] can't understand why the change is being made. Only YOU know the problems caused by too much milk, juice and other sweet drinks in bottles.*

How might you help your child feel less angry, confused, or frustrated?

- *Lots of hugs and kisses.*
- *Read, play, sing songs, to distract the child.*
- *Offer a healthy snack if you think she/he is hungry.*

Remember: You are the parent. Sometimes parents have to say "No" to keep their children safe.

What to Expect: Your Child's Response



Calcium Needs for Children 1 to 3 Years Old

- Children 1 to 3 years of age don't need more than 16 oz. milk/day
- Too much can make a child overweight or anemic
- For a child over 4, the need is 24 ounces per day
- Suitable milk alternatives:
 - 8 oz yogurt = 8 oz milk
 - one slice of cheese = 8 oz milk
 - other dairy foods: macaroni and cheese, flan, puddings, milk from the cereal bowl



Optional Conversation Points:

- What would happen if the child stopped drinking milk?
- How many servings of milk can the mother drink each day?
*4 daily servings recommended for mothers under the age of 18;
3 servings for mother over 18*



If the parent remains concerned about the child's calcium intake:

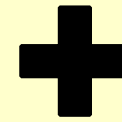
Suggest the child's doctor evaluate the need for calcium supplements.

Other Sources of Calcium

1 – 3 year olds need up to 16 oz of milk



Calcium in these foods = calcium in 16 oz of milk



One slice of cheese =
8 Oz milk

