

Food Package Scenarios

Scenario #1 – Lucy

Lucy is born on August 28, 2009. Mom comes in to certify on September 15th. She is currently breastfeeding except for a few bottles at night given by Dad. Baby has a good latch but her pediatrician is concerned about the baby's weight (4 ounces above birth weight.) The CPA determines that Lucy is getting about 5 ounces of formula every night. Mom is not confident that she will breastfeed much longer.

1. Who does mom talk to at the WIC clinic and what questions should be asked? **Breastfeeding Coordinator or CPA**
 - a. **What are your breastfeeding goals?**
 - b. **Can you tell me why you don't think you can breastfeed much longer? (Many women have this same worry.)**
 - c. **What concerns does your pediatrician have? Note: the current weight of the baby is actually okay, but it may help to find out what the baby's discharge weight was, how much she lost and when she returned to birthweight.**
 - d. **How many wet and poopy diapers does baby have each day?**
 - e. **Tell me about how often baby is breastfeeding and how long each feeding lasts?**
2. What would the infant feeding category be? **Mostly**
3. How many cans of formula can be issued to her today? **One can**
4. What food package would mom receive? **Mostly**

Scenario #2 – Rolanda

Rolanda is born on 8/1/09, 4 weeks premature. Rolanda and her mom come in to certify on 8/21/09 and mom says she is mostly breastfeeding but using Good Start Supreme powder to supplement per MD instruction. The CPA determines that mom is giving Rolanda 2 (2 oz.) bottles/day.

1. What does mom need to know about the "Mostly Breastfeeding" food package for her baby? What else does mom need to know?
 - a. **Mom can get one can of formula for this month for the baby. If she needs more once Rolanda turns one month old, she can call the clinic and come in to talk to the CPA and receive more formula.**
 - b. **Mom will be getting more foods for herself.**
2. How many cans of formula can be issued to Rolanda on 8/21/09?
One can

3. If mom calls the clinic on 9/4/09 and asks for more formula, can she receive more? **Yes**. What is the maximum amount that she can receive and still be 'mostly breastfeeding'? **5 cans**.

Rolanda's mom receives the "Mostly Breastfeeding" food package. Fill in the maximum amount of powder formula that Rolanda can receive. **Note: because the goal with the breastfed infant is to provide the minimum amount of supplemental formula, formula amounts are prescribed beginning with the least amount (1 can) and tailoring up.**

Cert Date 8/21/09 Check Pick Up	Maximum Formula Amt.	Rolanda's Age DOB = 8/1/09
8/21/09	1 can	0 months + 3 weeks
9/21/09	5 cans	1 month + 3 weeks
12/21/09	6 cans	4 months + 3 weeks
2/21/09	4 cans	6 months + 3 weeks

Scenario #3 – Hazel and Harry

Hazel and Harry (twins) were born on September 6, 2009 and come in to certify on September 11th. Mom tells you that she is breastfeeding with an occasional bottle of formula.

1. If mom says that she will buy her own formula, what food package will mom receive?
Fully Breastfeeding Multiples (1 ½ X Fully Breastfeeding)
2. The CPA determined that mom will need 2 cans of formula per month (1 can for each twin), what food package would mom receive?
Fully Breastfeeding
3. If mom returns to request more formula on October 9th, can the WIC clerk issue checks for more formula?
No, not until CPA does a breastfeeding assessment.
4. Mom comes to check pick up on December 11th and says that she is not breastfeeding Harry any longer but she breastfeeds Hazel and supplements with about 12 ounces of formula/day. What food package would mom receive? **Mostly Breastfeeding; link Hazel to mom on Participant General Tab.**
5. How many cans of formula would Harry receive? **10 cans** Hazel? **4 or 5 cans**

Scenario #4 – Brayden

Brayden was born September 25, 2009 and mom comes to clinic on September 30 and asks for formula. She is breastfeeding but she wants formula because she will be going back to work in 3 weeks. (Brayden's older brother is 23 months old and mom was on WIC in 2007 and was able to do some breastfeeding and still receive the breastfeeding mom's food package for herself.)

1. Mom tells you that she needs formula this month.
 - a. What would you tell her if you were a clerk? **Let me get someone to help you with breastfeeding.**
 - b. What would you ask her if you were a CPA? **Why do you think that you need more formula? Are you supplementing now? Giving formula to your baby in the first month, tells your body not to make milk. WIC wants to protect your milk supply and give you and your baby time to learn to breastfeed. WIC doesn't routinely give any formula to breastfed babies in the first month.**

Instead of formula, you could express and store your milk. What are your thoughts about pumping and providing your own milk to your baby?

2. During the discussion with the CPA, mom says "if I can't get any formula, just put me down as not breastfeeding and give me the full amount of formula."
 - a. What would you say? **I can understand that you want to get all the formula that WIC provides, but the best value for you would be to get the large breastfeeding package for yourself and one can of formula for this month only for Brayden. When Brayden turns one month old (in ~ 3 weeks), you will be able to get up an additional 4 cans (5 total) and you would still be receiving the large breastfeeding package for yourself.**
 - b. What food package(s) would you issue (for Brayden)? **One can (or if participant is still determined to get more formula, a full formula package.**
 - c. When would it be necessary to prescribe one can of formula to an infant < 1 month old? **The above scenario (when mom will give up breastfeeding) and when medically indicated, e.g., actual insufficient milk supply, prematurity, severe weight loss, inborn errors of metabolism, contraindicated medication, etc.**