

***Baby Nutrition Questions Activity Training Sample***  
**Possible Answers**

**1. Circle each question on the questionnaire that relates to baby cues.**

- a. Questions 5, 6, 11, & 12

**2. What additional questions do you need to ask the parent to learn more about her baby's behavior?**

- a. **Question 5:** I see that you wrote that you feed Jayden at meal time, can you tell me a little more about this?  
*Or:* you mentioned that you can tell when Jayden is hungry and ready to eat when it is mealtime. Can you tell me a little more about what meal time means?
- b. **Question 6:** "What are some other ways Jayden shows you he is done eating?"
- c. **Question 11:** Can you tell me a little bit about how Jayden tells you he is full?
- d. **Question 12:** What does Jayden do to show you he wants tastes of your food?

**3. Write what you might say to affirm what the parent has told you?**

- a. It is really great that you are so attentive to Jayden's needs; you are doing a great job!

**4. Write one Baby Behavior message that you might share with the parent or caregiver about their baby's cue(s). (*Use the conversation starters too!*)**

- a. **Message (can be used for all questions):** Your baby is very smart and can tell you what he needs by using his cues. Let's talk a little about how Jayden uses cues to tell you when he is ready to eat/done eating.
- b. **Alternative message for Question 12:** Babies love to learn and explore the world around them. Sometimes they will stare at new things, point or touch things to learn about them, or explore things with their mouths. This doesn't mean their bodies are ready to eat solid foods. It's just their way of learning about the world.

BABY'S NAME: Jayden

AGE: 14 Weeks

Please answer the following questions:

1. How are you feeding your baby?  Breastmilk  Formula  Both
2. What questions do you have about breastfeeding, or about how your baby is eating or growing?  
He's growing great
3. How is your baby's feeding going for you?  Not good  Sometimes okay  Okay  Pretty good  Great
4. In the last 24 hours (day & night) how many wet diapers did your baby have? 6  
How many dirty (poopy) diapers did your baby have? 3 Describe your baby's poop (below), mark all that apply.  
Color:  Black & Sticky  Brownish to Greenish  Yellowish & Seedy  Other  
Texture:  Firm  Hard & Pebbly  Soft  Watery  Other
5. How do you know your baby is hungry and ready to eat? When it is meal time
6. How do you know your baby is full? When he falls asleep
7. Are you concerned that your baby is crying too much?  Yes  No
8. Are you concerned that your baby is not sleeping enough or sleeping too much?  Yes  No
9. Who helps you at home? Partner
10. If you are breastfeeding, please answer these questions:  
How many times in 24 hours (day and night) do you breastfeed? 1 2 3 4 5 6 7 8 9 10 11 12 12+  
Does your baby seem satisfied after breastfeeding?  Yes  No  
How long (months) do you plan to breastfeed? \_\_\_\_\_
11. If you are giving formula, please answer these questions:  
Did you ever breastfeed this baby?  No  Yes, when was the last time? 3 days old  
How often does your baby take a bottle of formula? about 12 times-a-day  
How many ounces of formula does your baby drink at a feeding? 4 to 8 oz  
What brand of formula do you give your baby? enfamil lipil  
Explain how you make the formula 1 scoop per 2 oz of water  
Where are all the places your baby takes a bottle?  Bed  Stroller  Car seat  Held by someone  Other \_\_\_\_\_
12. Does your baby eat or drink anything besides breastmilk or formula?  Nothing else  Water  Water with \_\_\_\_\_  
 Juice  Tea  Cereal  Other foods  Other Tastes of what we are eating
13. Does your baby get:  Vitamin drops  Fluoride  Iron drops  Medicine  None  Other \_\_\_\_\_
14. Does your baby have:  Allergies  Wheezing  Rash  Constipation  Diarrhea  Colic  None  Other \_\_\_\_\_
15. When is your baby's next doctor's appointment? Two Weeks

**STAFF  
USE  
ONLY**

Date: \_\_\_\_\_ WIC Staff Name: \_\_\_\_\_

Participant WIC ID#: \_\_\_\_\_ Length: \_\_\_\_\_ Weight: \_\_\_\_\_



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER  
930066 CDPH 4155 (ENG) (Pilot)

