

Sample Participant Questions and Answers

WIC used to provide formula for breastfed babies during the first month. Why don't you do this anymore?

I can understand your questions about WIC's new policy. Breastmilk is all your baby needs to be healthy and grow. Giving formula decreases your milk supply, especially in the first month. Would you like to talk more about this today?

Can I have formula for when I go back to work/school this month?

I can understand that you are concerned how your baby will be fed while you are away from her. Instead of using formula consider pumping and storing your milk, so someone else can feed your baby breastmilk while you are away. WIC can provide you with a breast pump. How do you feel about pumping and storing your milk instead of giving formula?

What if I don't have enough breastmilk?

Many women have this same concern. It is rare for a mom not to make enough milk to feed her baby. The more often you breastfeed your baby the more milk you will make. If your baby is gaining weight and has 5-9 dirty and wet diapers a day, he's getting enough milk. Would you like to discuss this further?

Doesn't feeding breastmilk and formula give my baby the best of both?

That's great that you are thinking about how to give your baby what's best. Breastmilk is all your baby needs to be healthy and grow for the first six months. Feeding formula actually makes you to have less breastmilk for baby. What other questions do you have about feeding your baby today?

(if baby's weight is in normal limits)

My mother/sister/friend said my baby is not gaining enough weight?

It can be confusing getting advice from others. What does your doctor say? From our information, it looks like baby is growing well. Would you like to discuss how your baby is growing today?

(If baby's weight is low) Baby's weight is a little low today. WIC recommends that you see your doctor right away. Would you like to talk to a nutritionist (or LC) today?

Why does the amount of formula my baby receives keep changing?

I can understand why you are concerned about the changing amounts of formula you are receiving. Babies drink different amounts of formula throughout the first year. The amount of formula that WIC provides should meet most babies' feeding needs. As your baby gets older and starts eating baby foods he will need less formula. Would you like to talk about recommended feeding amounts for your baby?

Why am I not getting food even though I am still breastfeeding my baby? (6-11 months postpartum)

I can understand how you want to get all the food WIC might provide. When you are breastfeeding, the more breastmilk you give baby, the more foods WIC provides. If you are receiving more than 4 cans of formula after 6 months postpartum, we can no longer provide you with a food package. WIC will continue to support you by providing breastfeeding services and nutrition education during this time. Do you have any questions about breastfeeding today?

What food should I feed my baby first?

This is one of the most common questions moms have. Around 6 months, you can start with the baby cereal WIC provides. Mix the cereal with breastmilk or formula in a bowl making a thin mixture. As your baby can eat it better, you can make it thicker. You can also introduce your baby to the baby food fruits and vegetables that WIC provides. Do you have any questions about these foods?

Why didn't my baby get baby meats?

You must have heard that some babies get baby food meats from WIC. This is an extra bonus for moms who only give their babies breastmilk. Today your baby will receive baby cereal, and baby food fruits and vegetables. Do you have any other questions about the baby foods WIC provides?

What if my baby does not have enough formula for the entire month?

I can understand that you may be concerned about getting less formula this month. Most babies need less formula as they eat more solids. Today you will also receive baby food, cereal and formula. Would you like to discuss in more detail, the foods your baby is eating?