

Sample Protocol for Infants and Children
Drug Exposure in Utero: Fetal Alcohol Syndrome (C60)

Definition	Presence of fetal alcohol syndrome (FAS) diagnosed by a physician as self-reported by applicant/participant/caregiver; or as reported or documented by physician or someone working under physician's orders.	
Objective	Promote adequate nutrition and make necessary referrals for optimal growth, development and health.	
Instructions for Staff	<ol style="list-style-type: none"> 1. Review Nutrition Questionnaire/ISIS Summary Screen to determine WIC eligibility. 2. Determine potential topic(s) for nutrition education/referral 3. Have a conversation with the parent/guardian of the participant to identify what they are interested in discussing or learning about within the parameters of the participant's category, developmental stage, and health /nutrition risks. 4. Provide Healthy Habits Lifestyle Messaging and /or information about the risk condition, as appropriate. 5. Work with participant to identify constructive "next steps" 6. If the Summary Screen shows an "N", ask the participant about seeing a Nutritionist to answer questions about the identified medical condition. 7. Document the nutrition education contact in ISIS. 8. Make referral(s) and schedule follow-up as needed 	
Possible Assessment Information	<ul style="list-style-type: none"> • Birth weight/length • Current weight, height/length • Percentiles/pattern of growth • Current medical conditions/medications • Developmental delay/mental retardation/behavioral problems • Parent/caregiver's parenting abilities • Problems feeding/ poor ability to suck • Therapeutic formula • What does health care provider (HCP) say about condition? 	
Other Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> • Feeding or growing problems (e.g. picky eater, poor appetite) • Developmentally appropriate self-feeding • Introduction of solids based on developmental ability • Breastfeeding support • Reinforce recommendations given by HCP 	
Refer to the Nutritionist	<ul style="list-style-type: none"> • If the participant presents a prescription for therapeutic formula • If poor growth or developmental delays 	
Possible Triggers for Referral to a Nutritionist	<ul style="list-style-type: none"> • Parent/caregiver is notably stressed • Does the participant want to see the RD? • Breastfeeding problems identified (refer to lactation counselor) • Poor appetite or feeding practices • Does participant have medical or social issues beyond the scope of the counseling session? 	
Possible Referrals to outside WIC	<ul style="list-style-type: none"> • Health Care Provider or Public Health Nurse • Regional Center or California Children's Services (CCS) • March of Dimes • Early Head Start/Head Start • California Teratogen Information Center 1-800-532-3749 • http://depts.washington.edu/fadu/ 	
Suggested Education Materials		
<ul style="list-style-type: none"> • Feed Me Birth to 6 Months/Feed Me 6 to12 Months • Sample Menus for Older Babies 8 -12 months • Sample Menus for Older Babies 10 -12 months • Feeding Your 1 to 3 Year Old 		<ul style="list-style-type: none"> • Feeding Your 4 to 5 Year Old • Tips for Picky Eaters/ Snacks • Healthy Choices for Kids/ Time For a Cup • Happy Mealtimes-Parent /Child Responsibilities • Playing with Your Baby/Toddler