

Sample Protocol for Infants and Children
Preterm Birth (A51)

Definition	Infants and Children \leq 24 months born \leq 37 weeks gestation	
Objective	Promote adequate nutrition and make appropriate 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 eligibility. 2. Determine potential topic(s) for nutrition education/referrals 3. Identify what the parent/guardian is interested in discussing or learning about within the parameters of the participant's category, corrected age, and health /nutrition risks. 4. Provide Healthy 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 and percentiles • Gestation-Adjusted Age (see GEST AGE on the ISIS growth chart) • Low or Very Low H/H • Current medical conditions • Developmental delays – sucking and swallowing reflexes • Therapeutic formula • Breastfeeding • What does health care provider (HCP) say about prematurity? • Diet history and feeding tolerance based on corrected age 	
Other Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> • Growth pattern • Breastfeeding support • Introduction of solids based on corrected age, not gestational age • Reinforce recommendations given by HCP 	
Refer to the Nutritionist if participant agrees	<ul style="list-style-type: none"> • If birth weight is less than 1800 gm • If the participant presents a prescription for therapeutic formula; and/or • If additional clinical codes include VLBW or SGA 	
Possible Triggers for Referrals to Nutritionist	<ul style="list-style-type: none"> • Poor or excessive weight gain • Poor digestion, gastrointestinal issues • Feeding issues sucking or swallowing reflexes • Concern over growth pattern - problems gaining weight • Breastfeeding problems identified (refer to lactation counselor) • Does the participant have issues beyond the scope of the counseling session? 	
Possible Referrals for outside WIC	<ul style="list-style-type: none"> • Health Care Provider Public Health Nurse • La Leche League • Food Bank/Food Stamp • Parenting Resource Network classes/ Support Groups • March of Dimes: http://www.marchofdimes.com/prematurity/ 	
Suggested Education Materials		
<ul style="list-style-type: none"> • Feed Me Birth to 6 Months/ • Feed Me 6 to 12 Months • Sample Menus for Older Babies 8 to 12 months • Sample Menus for Older Babies 10 to 12 months 	<ul style="list-style-type: none"> • Feeding Your 1 to 3 Year Old • Healthy Choices for Kids • Time For a Cup • Playing with Your Baby/Toddler 	