

# Illinois WIC Program Nutrition Practice Standards (NPS)

## ***Breastfeeding***

Nutrition Practice Standards are provided to assist staff in translating policy into practice. This guidance is intended to be used in conjunction with the Illinois WIC Policy and Procedure manual and the USDA FNS Risk Factor Justification Manual (RFJM), to assist staff with breastfeeding promotion, education, support, and referrals.

### **Breastfeeding Assessment**

By understanding that breastfeeding is the normal, expected and healthiest way to feed babies, WIC staff can educate moms on how to be confident and successful. Using a positive participant-centered approach, assume all women plan to breastfeed or are breastfeeding.

#### Pregnant Woman or Prenatally

For the Pregnant woman's assessment, the WIC MIS Breastfeeding screen (pages 2 & 3), questions are to be completed to allow the CPA to assess her breastfeeding thoughts, knowledge and experiences:

- 'How are you thinking about feeding your baby?' (*select a response from list*)
- 'Have you ever breastfed/pumped?' (*yes/no*)
- 'Tell me about your breastfeeding experience or what you have heard about breastfeeding?' (*text box to type her response*)
  - *You may also ask a scaling question (1-5) about her breastfeeding intentions and support and document in the Breastfeeding Note.*
- 'Are you experiencing any of the following?' (*currently breastfeeding, review list and if not breastfeeding currently select 'None'*)

Note: if a Pregnant woman is currently breastfeeding, assess for the listed potential/current breastfeeding complications, per riskcode 602.

Based upon the Pregnant woman responses regarding her experiences and breastfeeding knowledge, after the complete nutritional assessment, the CPA is expected to individualize education to promote and support breastfeeding at the time of certification. Further education can be provided at secondary education. Any referrals, including Breastfeeding Peer Counselor or hospital lactation resources should be provided, if applicable. During secondary education, preferably in the third trimester, an explanation of the breastfeeding food packages should be provided to encourage her to exclusively breastfeed, highlighting:

- the length of time she is eligible to receive program benefits
- amounts and types of foods she will receive
- amounts and types of foods her baby will receive
- avoid or delay any supplementation to help her establish breastfeeding/milk supply
- WIC does not routinely provide infant formula to breastfed infants less than one month of age

As noted in the recommended contact schedule, pg. 7, WIC staff should contact a pregnant woman in her ninth month of pregnancy, via a phone contact, to support her success in breastfeeding.

#### Breastfeeding Woman

Lactating women are defined as "all women exclusively, or partially breastfeeding to any degree, up to one year postpartum." This definition includes the woman who is pumping her breast milk and feeding it to her infant. Breastfeeding is generally defined as "the practice of feeding mother's breastmilk to her infant(s) on the average of at least once a day." The Breastfeeding screens in the WIC MIS assist staff in the assessment of the amount of breastfeeding for the breastfeeding dyad (i.e. exclusively, partially or mostly, or some breastfeeding). The WIC MIS sets the participants' category based on how the CPA answers the Breastfeeding Status pop-up questions on the Cert Action screen for both the mom and baby. It

is very important that the CPA and participant take time to thoroughly discuss breastfeeding at this time, once the system sets the participant category it cannot be changed until the next day.

- Frequency refers to the amount of Breastfeeding.
  - Selecting “no” to supplemental formula, the participant is considered Exclusively Breastfeeding (example 1).
    - Note: dyads’ that are providing minimal formula to the infant and do not want formula from WIC should be marked as “no supplemental formula”. The CPA should document the frequency of formula mother is offering in the case note.
  - Selecting “yes” to supplemental formula, the CPA must assess the frequency of breastfeeding; choosing either “some” breastfeeding or “mostly” breastfeeding (example 2).
    - “Some”: will be assigned full formula package.
    - “Mostly”: will be assigned a partial formula package.
- Prior to saving the Breastfeeding Status pop-up, the CPA should ensure the “New Category” is correct and adjust answers to the questions if necessary. CPA will repeat this process for the infant and should ensure both mom and baby have the same dyad category (example: BE/IBE or BP/IBP).

Example 1:

Assign NP status due to perinatal loss or adoption:

\* Is the baby currently breastfeeding or being given pumped breast milk?  
 No  Yes

\* Is the baby currently receiving any supplemental formula?  
 No  Yes

Frequency

Was this baby ever breastfed or fed breast milk?  
 No  Yes  Unknown

How old was this baby when he/she was first fed something other than breast milk (i.e., formula, water, infant cereal, etc.)?  Months  Weeks  Days  Unknown

Age BF Ended:  Months  Weeks  Days  Unknown

Reason BF Ceased

Did you breastfeed as long as you desired?  
 No  Yes

New Category

Example 2:

Assign NP status due to perinatal loss or adoption:

\* Is the baby currently breastfeeding or being given pumped breast milk?  
 No  Yes

\* Is the baby currently receiving any supplemental formula?  
 No  Yes

\* Frequency

Was this baby ever breastfed or fed breast milk?  
 No  Yes  Unknown

How old was this baby when he/she was first fed something other than breast milk (i.e., formula, water, infant cereal, etc.)?  Months  Weeks  Days  Unknown

Age BF Ended:  Months  Weeks  Days  Unknown

Reason BF Ceased

Did you breastfeed as long as you desired?  
 No  Yes

New Category

**NOTE:** Category Changes cannot be performed on the same day the certification was completed. Be sure the “New Category” is correct before saving.

As noted in the recommended contact schedule, pg. 7, WIC staff should make two (2) contacts in the first week postpartum for those with Breastfeeding Peer Counselor contract requirements, as well as those without peer counselor programs.

### Breastfeeding Risk Factors

Risk factors for the Breastfeeding woman (risk code 601) and Breastfed Infant (risk code 702) are auto generated by the WIC MIS.

**Additional Breastfeeding Risks<sup>1</sup>**

**Pregnant category:**  
 A Pregnant woman, at the time of her Certification, who is currently Breastfeeding an Infant will be assigned the 338 risk based upon answering “currently breastfeeding” for the question on the WIC MIS Health screen regarding ‘any concerns by medical provider?’

**Breastfeeding and Pregnant Category:**

Breastfeeding Complications or Potential Complications (Women) - 602 system generated risk, if applicable, for a Breastfeeding woman or Pregnant woman, currently Breastfeeding.

**Infant category:**

Breastfeeding Complications or Potential Complications (Infants) – 603 risk system generated.

<sup>1</sup>Refer to the WIC PPM CS and the USDA Risk Factor Justification Manual for risk factor priorities and complete risk criteria definitions.

## Breastfeeding Dyad Counseling & Education

When assessing the breastfeeding dyad, the amount of milk a breastfeeding woman produces depends directly on how often and how long she nurses. Providing supplemental formula to a new breastfeeding mother may interfere with her milk production and success at continued breastfeeding. The breastfeeding assessment and understanding of a mother's plans for breastfeeding are two critical components necessary for correct food package assignment for the breastfeeding dyad.

*Refer to Addendum 1 – WIC Breastfeeding Dyad Education; CPA desktop reference.* This reference addresses talking points based upon breastfeeding category/supplement use. Educate and counsel to support her breastfeeding goals.

## Documentation

The CPA should document all prenatal and breastfeeding education and counseling in the WIC MIS on the Breastfeeding screen. Based upon individualized needs, this may be documented in the following sections as applicable: Contacts, Referrals, and Notes. For the breastfeeding dyad (BE/IBE and BP/IBP), a CPA can link her infant (for single births only, not multiples) via the Link Baby button under the Contacts and/or Notes sections. In doing so, the Contact or Note will be copied to the Infant's Breastfeeding screen.

The breastfeeding dyad may have met their goal or weaned after a successful period of breastfeeding. Upon updating the Breastfeeding status of the breastfeeding dyad, when adding a Reason BF Ceased, the CPA may also add a Breastfeeding Note to document the explanation of **why breastfeeding stopped**, should the reason need further clarification.

Refer to the NPS: Documenting in WIC MIS for further guidance on Breastfeeding Notes and Referrals for a Pregnant and Breastfeeding dyad.

## Food Packages to Support the Breastfeeding Dyad

Breastfeeding is the expected and normal feeding method for all infants. The infant feeding options available are designed to support breastfeeding by providing as little formula as possible to those moms who choose to breastfeed. The infant's breastfeeding status is used to determine the mother's food package. Dyads are encouraged to exclusively breastfeed as long as mutually desired and receive the largest quantity and variety of foods in their package with no formula until 12 months of age. If mother is breastfeeding and requests formula during the infant's first month of life, discuss her concerns and support her in her decision. The goal is to provide the minimal amount of supplemental formula, by offering counseling and support in order to help her establish and maintain a successful milk supply. If a breastfed infant receives any formula from WIC, the dyad would be considered partial breastfeeding.

Mothers who breastfeed and request the maximum supplemental formula in the Partial Breastfeeding food packages are still certified as breastfeeding; however, they will only receive supplemental WIC foods until the infant is 6 months old. Although her infant receives a full formula food package, staff are expected to continue to support breastfeeding when counseling and providing education.

Women who are breastfeeding and become pregnant are allowed the nutritional benefit from the increased quantity and variety of foods offered to exclusively breastfeeding women, at the time of her Pregnant recertification.

### Summary of Breastfeeding Food Packages

Category		Mother		Baby	
<b>Breastfeeding Exclusively Dyad (BE/IBE)</b>	<b>“no supplemental formula”</b>	<ul style="list-style-type: none"> <li>Mother’s BE food package may be issued, as long as Exclusively Breastfeeding Infant, up to 12 months.</li> <li>Largest quantity and variety of foods.</li> </ul>	<ul style="list-style-type: none"> <li>Breastfeeding Multiples food package is 1.5 times the amount of food issued to an Exclusively Breastfeeding woman.</li> </ul>	<ul style="list-style-type: none"> <li>Infant’s IBE food package does <b>not</b> issue any infant formula from WIC, as long as Exclusively Breastfeeding, up to 12 months old.</li> </ul>	<ul style="list-style-type: none"> <li>At 6 months of age, food package provides double the amount of baby food fruits and vegetables, baby food meats (only for IBE), and cereal.</li> </ul>
		<ul style="list-style-type: none"> <li>Breastfeeding Multiples food package is 1.5 times the amount of food issued to an Exclusively Breastfeeding woman.</li> </ul>		<ul style="list-style-type: none"> <li>At 6 months of age, food package provides double the amount of baby food fruits and vegetables, baby food meats (only for IBE), and cereal.</li> </ul>	
<b>Breastfeeding “Mostly” Dyad (BP/IBP)</b>		<ul style="list-style-type: none"> <li>Mother’s BP food package may be issued, as long as Partially Breastfeeding Infant, up to 12 months.</li> <li>Use the guide below to determine least amount to issue based on age/intake in 24 hours.</li> <li>More quantity and variety of foods are offered than a mother who receives the full formula package.</li> </ul>	<ul style="list-style-type: none"> <li>Breastfeeding Multiples: Food package is the same amount of food as women who Exclusively breastfeed one infant.</li> </ul>	<ul style="list-style-type: none"> <li>Infant’s IBP food package includes formula to supplement breastfeeding and follow the federal maximum allowed by age as noted in the table below. The WIC program always encourages the minimal amount of supplementation to support successful and continued breastfeeding.</li> </ul>	<ul style="list-style-type: none"> <li>At 6 months of age, food package provides standard amount of baby food fruits, vegetables, and cereal.</li> </ul>
		<ul style="list-style-type: none"> <li>Breastfeeding Multiples: Food package is the same amount of food as women who Exclusively breastfeed one infant.</li> </ul>		<ul style="list-style-type: none"> <li>At 6 months of age, food package provides standard amount of baby food fruits, vegetables, and cereal.</li> </ul>	
<b>BF Amount Guide<sup>2</sup></b>	<b>Amount of BF</b>	<b>Age</b>		<b>Amount consumed in 24 hours</b>	<b>Formula Supplement (powder)</b>
	Exclusive/Fully	Any		None	None
	Mostly	0-11 months		1-3 oz	1 can
	Mostly	1-11 months		4-5 oz	1 can
	Mostly	1-11 months		6-8 oz	2 cans
	Mostly	1-11 months		9-11 oz	3 cans
	Mostly	1-3 months		12-14 oz	4 cans
	Mostly	4-5 months		14-17 oz	5 cans
	Mostly	6-11 months		12-14 oz	4 cans
	<i>Limited/Some Breastfeeding - Infant is receiving more than the maximum allowed amount for Mostly Breastfed.</i>				<i>oz = reconstituted fluid ounces</i>

Category	Mother	Baby
<b>Breastfeeding “Some” Dyad (BP/IBP)</b>	<ul style="list-style-type: none"> <li>• Mother will be active in the system as Some BF up to 12 months.</li> <li>• BP food package may be issued until the Infant turns 6 months of age.</li> <li>• If amount of formula consumed exceeds amount in guide above (by age), the dyad is “some” breastfeeding.</li> <li>• Provides the least amount of foods a woman can receive on WIC (standard postpartum woman food package) as her Infant receives the full formula package.</li> <li>• Support for the breastfeeding woman/dyad is offered after infant is 6 months of age as long as she is still breastfeeding any amount and she will be assigned a Limited BF Beyond 6 months (no food benefits) package.</li> </ul>	<ul style="list-style-type: none"> <li>• Infant is breastfed at least once per day.</li> <li>• Food package is the maximum amount of formula provided by WIC, considered full formula package.</li> <li>• At 6 months of age, food package provides standard amount of baby food fruits, vegetables, and cereal.</li> </ul>
<b>Pregnant Woman who is Breastfeeding</b>	<ul style="list-style-type: none"> <li>• A Pregnant woman who is currently breastfeeding will be supported to continue breastfeeding (at the time of Pregnant certification).</li> <li>• A Pregnant woman exclusively or mostly breastfeeding is eligible for the same amount of food as an exclusively breastfeeding woman.</li> </ul>	<ul style="list-style-type: none"> <li>• Her breastfed Infant will continue to get exclusive food benefits while the dyad continues to exclusively breastfed.</li> <li>• If dyad is partially breastfeeding the package will be dependent on frequency of breastfeeding.</li> </ul>

<sup>2</sup> Breastfeeding (BF) Amount Guide from MIS WIC system Breastfeeding Status screen. Use as a guide to determine “mostly” or “some” breastfeeding.

## Food Package Changes

If a breastfeeding dyad would need to change their breastfeeding status, a CPA would follow the Quick Reference Guide (QRG) Breastfeeding Status Change. The required fields on that screen will direct the CPA in selecting the appropriate food package assignment based upon the amount of breastfeeding. The infant’s breastfeeding status is used to determine mom’s package.

If a package change is requested that results in a change in the intensity of breastfeeding, such as exclusive breastfeeding to partial breastfeeding or partial to full formula:

- If mom has not used any of the current month benefits:
  - Re-issue mom the correct food package to match their breastfeeding status for the current month and all future months.
  - Baby’s current and future months are voided and reissued.
- If mom has used any of her current month benefits:
  - Mom’s current month benefits must not be changed. Only future month food packages and benefits can be voided and re-issued.
  - Baby’s current and future months are voided and reissued.

## I-WIC Reason Breastfeeding Ceased

Use the following Reasons Breastfeeding Ceased and their definitions to best document should a breastfeeding dyad discontinue breastfeeding.

<b>Doctor Advised</b>	Physician advised mother to abstain from breastfeeding due to medical condition that involved either the mother or infant's health status; advised formula supplementation.
<b>Baby Refused /Prefers Bottle</b>	Baby rejected breast, breast preference or refusal, promoting feeding schedules rather than feeding on cue.
<b>Birth Control Interfered</b>	Mother's perception that the form of birth control she was using caused reduced milk supply.
<b>Just didn't Like Breastfeeding</b>	Practices that have been passed down through the mother/father's family/culture which affect feelings and actions regarding breastfeeding; mothers food choices or behaviors that affect breastfeeding.
<b>Lack of Support (Not workplace)</b>	Mother did not feel supported in her decision to breastfeed; family/friends/childcare providers did not value breastfeeding; lack of assistance in the home; mother did not have support in overcoming challenges.
<b>Lack of Workplace Support</b>	Mother feels returning to work (or school) limited her time and ability to breastfeed successfully; employer or institution did not support breastfeeding; breastmilk expression issues; embarrassed to breastfeed in public.
<b>Met BF Goal</b>	Mother reached her previously determined breastfeeding goal. Natural weaning occurred when infant reached his/her developmental milestones; baby gave up breastfeeding naturally when she/he was ready.
<b>Mother taking Medication</b>	Due to an illness, surgery, or treatment plan for mother or baby; or due to medications taken by either mother or baby; can include prescription drugs, medicinal herbals, over-the-counter medications; illicit drugs (mother).
<b>Not Enough Milk/Baby not Satisfied</b>	Mother did not feel infant was satisfied at the breast; mother didn't recognize newborn feeding patterns as normal; mother was not confident in her ability to produce enough breast milk. Early or over supplementation of infant formula to the extent that it impaired successful breastfeeding.
<b>Other (See BF Note)</b>	Might include: Infant born before 40 weeks gestation and primary reason a mother ceased breastfeeding is due to issues related to physical or developmental maturity or prematurity.
<b>Pain or Latching Difficulty</b>	Sore nipples, nipple confusion, poor latch, mastitis, engorgement, thrush, poor suck, poor positioning, breastmilk overproduction, delayed or inhibited let down, introduction of an artificial nipple/pacifier, etc.
<b>No Reason Provided</b>	Mother does not indicate a reason breastfeeding ceased.

## Breastfeeding Support/Follow Up -Recommended Breastfeeding Contact Schedule

<u>When</u>	<u>Why</u>	<u>Contact Frequency</u>
<b>Pregnancy</b>	<ul style="list-style-type: none"> <li>➤ Women who decide to BF early in pregnancy BF longer</li> <li>➤ Women decide to BF later in pregnancy with consistent information and support throughout the pregnancy</li> <li>➤ A phone contact in the 9<sup>th</sup> month of pregnancy provides follow up on initial BF intentions and support, addresses any questions or concerns, as well as informs of WIC support in the early weeks after delivery</li> </ul>	<ul style="list-style-type: none"> <li>➤ Monthly</li> <li>➤ At each prenatal follow up visit</li> <li>➤ More frequently as due date nears</li> <li>➤ Phone call during 9<sup>th</sup> month of pregnancy</li> </ul>
<b>Early Weeks</b>	<ul style="list-style-type: none"> <li>➤ Critical weaning period is 7-10 days;</li> <li>➤ Next critical period is 2 weeks - 2 months</li> <li>➤ ¼ of women supplement by day 5</li> <li>➤ ½ of women supplement by day 16</li> <li>➤ 2/3 wean by end of 1st month</li> <li>➤ Most common response for weaning                             <ul style="list-style-type: none"> <li>- Perceived insufficient milk supply</li> <li>- breast problems/pain</li> </ul> </li> <li>➤ Make appropriate referrals</li> </ul>	<ul style="list-style-type: none"> <li>➤ Every 2-3 days first week*</li> <li>➤ Within 24 hours if problems occur</li> <li>➤ Weekly the rest of the first month</li> </ul> <p>*Recommend: CPA (for non-BFPC agencies) makes 2 contacts in the first week postpartum</p>
<b>1-3 Months</b>	<ul style="list-style-type: none"> <li>➤ Assist mother with maintaining BF after returning to work</li> <li>➤ Maintaining milk supply</li> <li>➤ Answer questions as baby grows</li> <li>➤ Make appropriate referrals</li> </ul>	<ul style="list-style-type: none"> <li>➤ Monthly</li> <li>➤ Before returning to work/school</li> <li>➤ Regularly when breast pump issued</li> </ul>
<b>3-6 Months</b>	<ul style="list-style-type: none"> <li>➤ Assist mother with maintaining BF after returning to work</li> <li>➤ Maintaining milk supply</li> <li>➤ Answer questions as baby grows</li> </ul>	<ul style="list-style-type: none"> <li>➤ Monthly</li> <li>➤ Regularly when breast pump issued</li> </ul>
<b>6-12 Months</b>	<ul style="list-style-type: none"> <li>➤ Assist mother with maintaining BF after returning to work</li> <li>➤ Maintaining milk supply</li> <li>➤ Answer questions as baby grows</li> </ul>	<ul style="list-style-type: none"> <li>➤ Monthly</li> <li>➤ Regularly when breast pump issued</li> </ul>

Next 2 pages:

Addendum 1 – WIC Breastfeeding Dyad Education; CPA Desktop Reference – not a participant handout

## WIC Breastfeeding Dyad Education: IBE, BE

- Breastfeeding nurtures a bond between a mother and her baby, providing nutrition unique to baby's needs
- WIC staff promotes and supports breastfeeding by:
  - Assisting a mother in establishing breastfeeding
  - Promoting exclusive breastfeeding
  - Encouraging breastfeeding for at least one year or for as long as mutually desired by mother and her baby



### Breastfeeding a Newborn

- Stomach size, nursing & sleep schedule
- Positions & proper latch
- Feeding cues
- Supply & demand; avoid pacifiers & bottles
- Wet & dirty diapers
- Vitamin D



### Breastfeeding- You Got This!

- Growth spurts, cluster feeding & feeding frequency
- Plan ahead for when you may be away from the baby
  1. Hand expression
  2. Pumping
  3. Storage/handling of breastmilk



### Feeding the Older Infant

- Starting solids
  - Nursing
- Introducing a cup
- Teething



### WIC is here for you:

- WIC is just a phone call away
- We will reach out to see how we can support you with breastfeeding
- Contact us with questions



### Additional Resources:

- Best for Baby
- Breastfeeding is a Special Time
- How Much Can My New Baby Eat
- Got Enough Milk? Yes You Do

## WIC Breastfeeding Dyad Education: IBP/IFF, BP

- Breastfeeding nurtures a bond between a mother and her baby, providing nutrition unique to baby's needs
- WIC staff promotes and supports breastfeeding
- If a mother chooses to supplement breastfeeding with formula, we:
  - Encourage offering breastmilk in any amount
  - Ensure education on formula supplementation



### Breastfeeding & Formula Supplementation

- Stomach size, nursing & sleep schedule
- Positions & proper latch
- Feeding cues
- Supply & demand; avoid pacifiers & bottles
- Wet & dirty diapers
- Vitamin D



### Formula Feeding

- Following instructions on the formula container and/or your medical provider's instructions when preparing formula
- Paced feeding
- Feeding position (holding/not propping)
- Plan ahead: remember, WIC is supplemental



### Feeding the Older Infant

- Starting solids
  - Nursing
- Introducing a cup
- Teething
- Adjustment in amount of formula to foods



### WIC Recommendations:

- Practice good sanitation when handling formula, bottles and nipples to help protect your infant from any bacteria
- If you have any concerns about feeding your infant and/or formula tolerance, please contact your baby's doctor's office

### Additional Resources:

- Feeding Your Baby Birth to 12 mos
- Feeding Your Newborn
- Paced Feedings
- Formula Preparation
- First Foods
- Advancing to Table Foods