

5-1 Risks for Infants and Children

Overview


After completing this chapter, you will be able to assess and assign nutrition risks for infants and children. Additional risks that apply to infants and children are found in Chapter 2. The following table lists the risk for infants and children:

Risk Group:	Description:
Anthropometric	<ul style="list-style-type: none"><input type="checkbox"/> 103 – Underweight Infants and Children<input type="checkbox"/> 113 – Overweight Children - 2 to 5 years<input type="checkbox"/> 114 – At Risk for Overweight Children – 2 to 5 years<input type="checkbox"/> 115 – High Weight for Length Under Age 2 Years<input type="checkbox"/> 121 – Short Stature<input type="checkbox"/> 134 – Failure to Thrive<input type="checkbox"/> 135 – Infant Weight Loss Birth to 6 Months<input type="checkbox"/> 141 – Low Birth Weight<input type="checkbox"/> 151 – Small for Gestational Age<input type="checkbox"/> 152 – Low Head Circumference<input type="checkbox"/> 153 – Large for Gestational Age Infants
Biochemical	---
Clinical/Medical	<ul style="list-style-type: none"><input type="checkbox"/> 142 – Preterm or Early Term Delivery<input type="checkbox"/> 382 – Fetal Alcohol Spectrum Disorders<input type="checkbox"/> 383 – Neonatal Abstinence Syndrome

Dietary	<ul style="list-style-type: none"> ➤ <u>401 – Presumed Dietary Eligibility for Women and Children 2 to 5 years</u> ❑ 411– Inappropriate Nutrition Practices for Infants <ul style="list-style-type: none"> ➤ <u>411.1 – Use of Substitutes for Breastmilk or Formula</u> ➤ <u>411.2 – Inappropriate Use of Bottles or Cups</u> ➤ <u>411.3 – Early Introduction of Beverages or Solid Foods</u> ➤ <u>411.4 – Inappropriate Feeding Practices</u> ➤ <u>411.5 – Feeding Potentially Harmful Foods</u> ➤ <u>411.6 – Incorrect Dilution of Formula</u> ➤ <u>411.7 – Infrequent Breastfeeding</u> ➤ <u>411.8 – Feeding a Very Low Calorie or Nutrient Diet</u> ➤ <u>411.9 – Improper Handling of Expressed Breast Milk or Formula</u> ➤ <u>411.10 – Inappropriate Use of Dietary Supplements</u> ➤ <u>411.11 – Inadequate Fluoride or Vitamin D Supplementation</u> ❑ 425 – Inappropriate Nutrition Practices for Children <ul style="list-style-type: none"> ➤ <u>425.1 – Inappropriate Beverages as Milk Source</u> ➤ <u>425.2 – Feeding Sweetened Beverages</u> ➤ <u>425.3 – Inappropriate Use of Bottles, Cups or Pacifiers</u> ➤ <u>425.4 – Inappropriate Feeding Practices</u> ➤ <u>425.5 – Feeding Potentially Harmful Foods</u> ➤ <u>425.6 – Feeding a Very Low Calorie or Nutrient Diet</u> ➤ <u>425.7 – Inappropriate Use of Dietary Supplements</u> ➤ <u>425.8 – Inadequate Fluoride or Vitamin D Supplementation</u> ➤ <u>425.9 – Pica</u> ❑ <u>428 – Presumed Dietary Eligibility for Infants and Children 4 to 23 months</u>
----------------	--

Environmental	<ul style="list-style-type: none"> <input type="checkbox"/> 603 – Breastfeeding Complications or Potential Complications for Infants <input type="checkbox"/> 701 – Infant Up to 6 months old of WIC Mom or WIC Eligible Mom <input type="checkbox"/> 702 – Breastfeeding Infant of a Woman at Nutritional Risk <input type="checkbox"/> 902 – Women or Infant/Child of Primary Caregiver with Limited Ability to Make Feeding Decisions or Prepare Food
----------------------	--

To complete these chapters, you must read each of the risk information sheets. If you are reading this on a computer, click on the title of each risk to open the link. If you are reading this as a printed version, locate the risk information sheets at the end of the printed module.

 For more information on specific health and medical conditions, refer to [More Information about Medical Conditions](#) in the resource section.

Learning activity:



Write your answer to the following question:

1. There many more dietary risks for infants and children than for women. Looking at the table above, why do you think that might be?

5-2 Anthropometric risks for infants and children

The risks listed below are all risks related to the growth of infants and children.

Read the risk information sheet for each of the following risks.

- ☐ [103 – Underweight Infants and Children](#)
- ☐ [113 – Overweight Children -2 to 5 years](#)
- ☐ [114 – At Risk for Overweight Children – 2 to 5 years](#)
- ☐ [115 – High Weight for Length Under Age 2 Years](#)
- ☐ [121 – Short Stature](#)
- ☐ [134 – Failure to Thrive](#)
- ☐ [135 – Infant Weight Loss Birth to 6 months](#)
- ☐ [141 – Low Birth Weight](#)
- ☐ [151 – Small for Gestational Age](#)
- ☐ [152 – Low Head Circumference](#)
- ☐ [153 – Large for Gestational Age Infants](#)



Learning activity

Using the risk information sheets as a reference, write your answers to the following questions:

1. Which of these risks is manually selected by the certifier rather than assigned by the data system?
2. Which of these risks require a high-risk referral to the WIC nutritionist?
3. Describe the difference between small for gestational age and low birth weight.

4. Timothy was born August 1 and weighed 8 pounds 14 ounces. Today is August 16 and he weighs 8 pounds 2 ounces. Would he qualify for any of these risks?

☐ YES – RISK # ☐ NO

5. Terence is a 3-year-old boy. His BMI is at the 10th percentile. Would he qualify for any of these risks?

☐ YES – RISK No. ☐ NO

6. Tommy is 13 months old and weighed 4 pounds at birth. Tommy’s mom brings a note from the doctor that says, “Referred to WIC for FTT.” Would he qualify for any of these risks?

☐ YES – RISK No. ☐ NO

7. Todd weighed 9 pounds at birth. Would he qualify for any of these risks?

☐ YES – RISK # ☐ NO

8. Thad is 4 years old and has come to WIC for recertification. At his last appointment, his BMI was at the 90th percentile. At this certification, his BMI is at the 98th percentile. Would he qualify for any of these risks?

☐ YES – RISK # ☐ NO

9. Tyrone is 10 months old. His length is at the 5th percentile. Would he qualify for any of these risks?

☐ YES – RISK # ☐ NO

10. Taylor is 13 months old and her weight for length is at the 10th percentile. Would she qualify for any of these risks?

☐ YES – RISK # ☐ NO

11. Tanner is 20 months old and his weight for length is at the 98th percentile. Would he qualify for any of these risks?

☐ YES – RISK # ☐ NO

5-3 Clinical risks for infants and children

These risks are related to infants and children who were born early or have health problems that apply only to infants and children.

Read the risk information sheets for each of the following risks.

- ☐ [142 – Preterm or Early Term Delivery](#)
- ☐ [382 – Fetal Alcohol Spectrum Disorders](#)
- ☐ [383 – Neonatal Abstinence Syndrome](#)



Learning activity

Using the risk information sheets as a reference, write your answers to the following questions:

1. Which of these risks require a high-risk referral to the WIC nutritionist?

2. What is the key information you need to know if a mother reports that her child has fetal alcohol syndrome or NAS?

3. William is a one-month old baby who was born at 37 weeks gestation. His mother reports that he is healthy and growing well. Would William qualify for a nutrition risk?

☐ YES – RISK #

☐ NO RISK

5-4 Dietary risks for infants

There are 11 risks for infants that are considered “Inappropriate Nutrition Practices for Infants”. Each identifies a feeding practice that may result in impaired nutrient status, disease or health problems.

Research has shown that individuals who meet WIC income guidelines typically have diets that do not meet USDA dietary recommendations. For this reason, WIC has Risk 428 that can be assigned to an infant that has no other nutrition risk factors.

Read the risk information sheet for each of the following dietary risks for infants:

- ☐ 411 Inappropriate Nutrition Practices for Infants
 - [411.1 – Use of Substitutes for Breast Milk or Formula](#)
 - [411.2 – Inappropriate Use of Bottles or Cups](#)
 - [411.3 – Early Introduction of Beverages or Solid Foods](#)
 - [411.4 – Inappropriate Feeding Practices](#)
 - [411.5 – Feeding Potentially Harmful Foods](#)
 - [411.6 – Incorrect Dilution of Formula](#)
 - [411.7 – Infrequent Breastfeeding](#)
 - [411.8 – Feeding Very Low Calorie or Nutrient Diet](#)
 - [411.9 – Improper Handling of Expressed Breast Milk or Formula](#)
 - [411.10 – Inappropriate Use of Dietary Supplements](#)
 - [411.11 – Inadequate Fluoride or Vitamin D Supplementation](#)
- ☐ [428 – Presumed Dietary Eligibility for Infants and Children \(4 to 23 months\)](#)

Learning activity



Using the risk information sheets as a reference, write your answers to the following questions:

1. Which of these risks is only appropriate for exclusively breastfed infants?

2. What information, if any, should be documented if you assign the following risks?

Risk	Documentation
411.1 – Use of Substitutes for Breast Milk or Formula	
411.2 – Inappropriate Use of Bottles or Cups	
411.3 – Early Introduction of Beverages or Solid Foods	
411.4 – Inappropriate Feeding Practices	
411.5 – Feeding Potentially Harmful Foods	
411.6 – Incorrect Dilution of Formula	
411.7 – Infrequent Breastfeeding	
411.8 – Feeding a Very Low Calorie or Nutrient Diet	
411.9 – Improper Handling of Expressed Breast Milk or Formula	
411.10 – Inappropriate Use of Dietary Supplements	
411.11 – Inadequate Fluoride or Vitamin D Supplementation	

3. Eric is 11 months old. Eric's mom works full time so she pumps and freezes breast milk for Eric to have while she is working. Eric's grandmother often thaws the frozen breastmilk in the microwave then refreezes any breastmilk that is left after a feeding. Would he qualify for a dietary risk?

☐ YES – RISK #

☐ NO

4. Sonya is 4 months old. Sonya's mom runs out of money at the end of the month to buy formula so she mixes it with extra water and some cereal to make it go further. Would Sonya qualify for a dietary risk?
- ☐ YES – RISK # ☐ NO
5. Davy is 8 months old. He is able to sit upright and turn his head. Davy enjoys eating dry pieces of cereal on his own. Would he qualify for a dietary risk?
- ☐ YES – RISK # ☐ NO
6. Scott is 3 months old and is very happy when he is drinking from his bottle. Scott's foster mom wants him to be happy but doesn't have enough time to hold the bottle for him all day so she has found a way to prop the bottle for Scott. Would he qualify for a dietary risk?
- ☐ YES – RISK # ☐ NO
7. Kate is 3½ months old. She is exclusively breastfed and her mom offers her a 2-ounce bottle of water daily to make sure she's properly hydrated. Would she qualify for a dietary risk?
- ☐ YES – RISK # ☐ NO
8. Jimmy is an exclusively breastfeeding 4-month-old boy. His mom is very well organized and feeds him every 6 hours on the hour. Would he qualify for a dietary risk?
- ☐ YES – RISK # ☐ NO
9. Peter is a 7-month-old formula fed infant. His father explains that he lost the manufacturer's scoop to prepare his formula, but that the one that came with his coffee is just about the same size. Would he qualify for a dietary risk?
- ☐ YES – RISK # ☐ NO

10. Tai is 9 months old. Since both of her parents are vegan, they prefer to feed Tai rice milk. Would she qualify for a dietary risk?

☐ YES – RISK #

☐ NO

11. Hakim is 4 months old. He lives in a community that does not have fluoridated water. Would he qualify for a dietary risk?

☐ YES – RISK #

☐ NO

12. Sakura is 11 months old. Sakura's parents are so proud that their daughter already seems to love eating sushi, especially raw tuna. Would she qualify for a dietary risk?

☐ YES – RISK #

☐ NO

13. Ian is a 5-month-old, exclusively breastfed infant. He typically nurses six or seven times a day. Would he qualify for a dietary risk?

☐ YES – RISK #

☐ NO

14. Gina is 1 month old. Gina's mom tells you that she has been giving Gina extra calcium supplements because she wants to be sure that Gina's bones are strong. Would she qualify for a dietary risk?

☐ YES – RISK #

☐ NO

15. Callyn is 8 months old and usually drinks 24 ounces of formula per day mixed with fluoridated water. She is eating a variety of baby foods and does not take any vitamin drops. Would she qualify for a dietary risk?

☐ YES – RISK #

☐ NO

5-5 Dietary risks for children

There are 9 risks for children that are considered “*Inappropriate Nutrition Practices for Children*.” Each identifies a feeding practice that may result in impaired nutrient status, disease, or health problems.

Research has shown that individuals who meet WIC income guidelines typically have diets that do not meet USDA dietary recommendations. For this reason, WIC has Risk 401 and 428 that can be assigned to a child based on their age when no other risk factors have been identified.

Read the risk information sheets for the each of the following dietary risks for children:

- ☐ [401– Presumed Dietary Eligibility for Women and Children \(2 to 5 years\)](#)
- ☐ 425 Inappropriate Nutrition Practices for Children
 - [425.1 – Inappropriate Beverages as Milk Source](#)
 - [425.2 – Feeding Sweetened Beverages](#)
 - [425.3 – Inappropriate Use of Bottles, Cups or Pacifiers](#)
 - [425.4 – Inappropriate Feeding Practices](#)
 - [425.5 – Feeding Potentially Harmful Foods](#)
 - [425.6 – Feeding a Very Low Calorie or Nutrient Diet](#)
 - [425.7 – Inappropriate Use of Dietary Supplements](#)
 - [425.8 – Inadequate Fluoride or Vitamin D Supplementation](#)
 - [425.9 – Pica - Children](#)
- ☐ [428 –Presumed Dietary Eligibility for Infants and Children \(4 to 23 months\)](#)

Learning activity



Using the risk information sheets as a reference, write your answers to the following questions:

What information, if any, should be documented if you assign the following risks?

Risk	Documentation
425.1 – Inappropriate Beverages as Milk Source	
425.2 – Feeding Sweetened Beverages	
425.3 – Inappropriate Use of Bottles, Cups or Pacifiers	
425.4 – Inappropriate Feeding Practices	
425.5 – Feeding Potentially Harmful Foods	
425.6 – Feeding Very Low Calorie or Nutrient Diet	
425.7 – Inappropriate Use of Dietary Supplements	
425.8 – Inadequate Fluoride or Vitamin D Supplementation	
425.9 – Pica	

1. Timothy is 3 years old. He likes to drink a big glass of apple juice with his meals every day. Would he qualify for a dietary risk?

☐ YES – RISK #

☐ NO

2. Tara is 20 months old. Her parents are both vegetarians but offer Tara fish and poultry on a regular basis. She also frequently likes to drink unpasteurized milk with her parents. Would she qualify for a dietary risk?

☐ YES – RISK #

☐ NO

3. Faye is 2 ½ years old. Since Faye doesn't like the taste of regular milk, her grandmother gives her almond milk mixed with some non-dairy creamer instead. Would she qualify for a dietary risk?

☐ YES – RISK #

☐ NO

4. Terence is 4 ½ years old, active and very slender. He has been a vegetarian his whole life and enjoys eating eggs, low fat dairy products and lots of fresh fruits and vegetables. Would he qualify for a dietary risk?

☐ YES – RISK #

☐ NO

5. Annalee is 15 months old. At naptime, she likes to be put to bed with a bottle of warm milk. Would she qualify for a dietary risk?

☐ YES – RISK #

☐ NO

6. José is 4 years old. José drinks a quart of milk every day and several glasses of water. He does not take vitamins or any fluoride supplements because he lives in a city with fluoridated water. Would he qualify for a dietary risk?

☐ YES – RISK #

☐ NO

7. Nai is a 3-year-old boy. Nai's mother is a smoker and he enjoys eating her cigarette butts. Would he qualify for a dietary risk?

☐ YES – RISK #

☐ NO

8. Emily is a 3 ½-year-old girl with a major sweet tooth. Instead of giving her daughter candy all the time, Emily's mom allows her to eat as many of her orange flavored chewable multivitamins as she wants. Would she qualify for a dietary risk?

☐ YES – RISK #

☐ NO

9. Maria is a 2 ½-year-old girl who likes sweets and often throws tantrums when she doesn't get her way. Maria's dad gives her a pacifier dipped in honey to suck on and keep her happy. Would she qualify for a dietary risk?

☐ YES – RISK #

☐ NO

10. Michael is 23 months old. Even though it is a slow process, he likes to drink his milk out of a regular cup on his own. Would he qualify for dietary risk?

☐ YES – RISK #

☐ NO

11. Brianne is 3 years old and drinks 16 ounces of 2% milk from a cup every day. She does not take any vitamin supplements. Would she qualify for a dietary risk?

☐ YES – RISK #

☐ NO

12. Kevin is 4 years old. After a complete nutrition assessment, no other health or dietary risks were identified. Would he qualify for a presumed eligibility risk?

☐ YES – RISK #

☐ NO

5-6 Environmental risks for infants and children

These risks are related to the infants and children and their mothers.

Read the risk information sheet for each of the following risks:

- ☐ [603 – Breastfeeding Complications or Potential Complications for Infants](#)
- ☐ [701 – Infant Up to 6 Months Old of WIC Mom or WIC Eligible Mom](#)
- ☐ [702 – Breastfeeding Infant of Woman at Nutritional Risk](#)
- ☐ [902 – Women or Infant/Child of Primary Caregiver with Limited Ability to Make Feeding Decisions or Prepare Food](#)



Learning activity

Using the risk information sheets as a reference, write your answers to the following questions:

1. How will you know if an infant's mother had (or might have had) a nutrition risk during her pregnancy?

2. Alexis is a 4-day-old breastfeeding infant with jaundice. Her mother was on WIC during her pregnancy and is very anemic. Would Alexis qualify for any of these risks?

☐ YES – RISK #

☐ NO

3. Sawyer is a five-month-old infant. Sawyer's mother reports that she smokes marijuana daily to help her relax. Would Sawyer qualify for any of these risks?

☐ YES – RISK #

☐ NO