

Level 2 Infant Feeding and Nutrition

The Basics

Level 2	All CPA's must complete
Type	Paper
Completion time	2-3 hours
Complete	Within 6 months of hire
Certifiers Guide	Lesson 4-17
Posttest	Online – Workday Learning Oregon
Completion	Form



Course Objectives

The *Infant Feeding and Nutrition* paper module focuses on helping staff understand feeding behaviors and nutrition for infants birth to 12 months. The following objectives are organized by the section in which they are covered within this module. Upon completion of this module, learners will be able to:

Part 1: Birth to Six Months

Nutrition for Growth and Development

- Describe the physiological changes for infants.
- Describe a positive parent-child feeding relationship.
- Identify key nutrients needed to support infant growth and development.
- Identify vitamins and minerals needed to support infant growth and development.
- Feeding the newborn
- Identify and describe three newborn feeding reflexes.
- Identify and describe three hunger and satiety cues.
- Describe methods that can be used to prepare a sleepy infant for a feeding.
- Describe how to determine if an infant is receiving adequate nutrition and hydration.

Gaining Weight, Growth Spurts and Sleep

- Identify appropriate patterns of weight gain and growth spurt periods.
- Describe inappropriate practices for getting infants to sleep through the night.

Water and Fluid Needs

- List three “Do’s” for giving an infant water/fluid.
- List two or three consequences for giving an infant too much water.
- Identify appropriate water sources for infants less than six months of age.

Part 2: Six Months to One Year of Age

Changes in the Developing Infant

- Define developmental readiness.
- List three signs of developmental readiness that show a baby is ready to try solid food.
- Describe the physiological reasons for waiting to start solid foods.

Introducing Solids

- Identify the risks associated with early and late introduction of solid foods.
- Describe medical conditions that may delay developmental readiness for starting solids.
- Identify appropriate food textures for a specific age range.
- List foods that are appropriate to provide as first foods.
- Explain why foods do not need to be introduced in a certain order.
- Negative Reactions to Complimentary Foods
- Describe the difference between a food allergy and food intolerance.
- Name at least 3 common allergic reactions.
- Describe the current AAP recommendations for food allergies.

Transition to Table Foods

- Identify basic guidelines related to introducing solid foods to infants.
- Describe safety tips for feeding an infant.
- Describe the guidelines for feeding juice to infants.
- Describe precautions for introducing solid foods.
- State at least 3 foods to avoid feeding an infant.

- State at least 6 foods that are common choking hazards for infants.
- Describe how to prepare/modify a food in order to reduce choking risk.
- Identify correct procedures for using commercial baby foods.
- List tips for preparing and storing foods at home for an infant.
- Define and identify Bisphenol A (BPA).
- Describe recommendations for minimizing BPA exposure.

Fluids, Cups and Weaning

- Define water intoxication and dehydration.
- List 3 symptoms each of water intoxication and dehydration.
- State basic recommendations for introducing a cup to an infant.
- Explain the main concern related to “spill-proof” cups.
- Identify recommendations related to weaning.
- List two tips for helping an infant give up the bedtime bottle.

Digestive Disorders and Other Infant Health Issues

- Describe the 3 types of jaundice.
- List 2 symptoms for identifying jaundice.
- Identify correct statements about oral health for infants.
- List 3 ways parents can help prevent early childhood dental caries in their infants.
- State the current recommendations for providing vitamin D to infants.
- List 4 symptoms of iron-deficiency anemia.
- State the main sources of lead exposure.
- List 4 symptoms of lead poisoning.
- List 3 things parents can do to reduce an infant’s risk of lead poisoning.
- List the available resources for obtaining further information about lead prevention poisoning.
- Identify correct statements about excessive weight in infants.
- Describe general infant safety tips for parents and caregivers.

Learning activities

Note: Answers are only given when the Learning Activity has a specific, objective answer.



Activity (page 15)

Case Study — Providing a WIC Mother with Infant Feeding Advice

1. No. She appears to still have gag and tongue thrust reflexes. Lucy does not have good head control.
2. Advise Lisa to hold off on starting solids until Lucy is able to sit up on her own and hold her head without support. After she has improved head control she can try again.
3. Lucy let mom know she was hungry when she became fussy. When the bottle was provided she responded with a smile and cooing.

Activity (page 25)

Case Study — Determining When an Infant Is Ready To Start Solids

1. What did he do with the feeding of cereal today? Did he gag or choke? Did he open his mouth to accept the spoon? Was he able to swallow the cereal and hold it in his mouth?
2. Can he sit alone with support? Does he have good head control?
3. Yes – See the document entitled Nutrition Practice Care Guidelines for Preterm Infants in the Community which is located here:
<http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Documents/preterm.pdf>
4. Yes. He appears developmentally ready. Though he was a little messy, he will improve with practice.

Activity (page 31)

Introducing Solids

1. B. 4 to 6 months
2. strained/pureed mashed
3. B. — 4 months
4. True
5. True
6. B. thin pureed
D. strained

Activity (page 35)

Case Study — Food Allergies

1. Yes. Her brother has an allergy. High risk for allergies is defined as an infant with a first degree relative (parent or sibling) with an allergy.
2. Extreme irritability, breathing problems, skin rashes, constipation, diarrhea, nausea, failure to thrive, anaphylactic shock.

3. Delay introduction of solids to 4-6 months. Follow up with health care provider.

Activity (page 53)

Case Study — Choking Hazards

1. C. cut lengthwise into strips
2. False
3. A. cooked vegetables cut into strips
B. cooked hot dogs cut into strips
F. cooked, mashed beans
4. True
5. True
6. Answers can include (this is not a complete list) hot dogs, sausages, fish with bones, peanuts or other nuts, whole beans, cooked or raw corn, whole uncut grapes, popcorn, marshmallows, large chunks of cheese, peanut butter, dried fruit, whole pieces of canned fruit, raw vegetables (e.g. carrots, green peas, etc.)

Posttest Questions and Answers



Posttest automatically scored online.

1. When feeding an infant, which cues should a caregiver or parent look for? Select 2 answers
 - a. **Fullness cues**
 - b. **Hunger cues**
 - c. Crying cues
 - d. Sleeping cues
2. **True** or false: Most healthy infants are able to adjust their own intake to get the right amount of calories to meet their energy needs.
3. Which food sources are appropriate for an infant in the first 6 months of life? Select 2 answers
 - a. **Breast milk**
 - b. **Iron-fortified formula**
 - c. Vitamin water
 - d. Whole milk

4. **True** or False. Carbohydrates are the main source of energy for an infant's growth and body functions.
5. Vitamin D is important for developing strong bones. The American Academy of Pediatrics (AAP) recommends that infants receive vitamin D supplementation in which of the following scenarios? Select 2 answers
 - a. **When an infant breastfeeds.**
 - b. **When an infant consumes less than 32 oz of formula per day.**
 - c. When an infant consumes more than 32 oz of formula per day.
 - d. When an infant starts eating solid food.
6. **True** or False: Infants over the age of 6 months need solid foods containing iron.
7. Which approach is recommended in a positive parent-child feeding relationship?
 - a. Follow a strict feeding schedule.
 - b. Offer foods and textures even if they aren't sure if an infant is ready.
 - c. **Observe and respond to the baby's hunger and fullness cues.**
 - d. Offer only foods that the parents like.
8. Infants are showing a rooting reflex when they:
 - a. Spit out food that touches the back of their mouths.
 - b. **Turn their face towards a stimulus, and open their mouth making sucking motions.**
 - c. Clasp your finger when touched.
 - d. Smile or sigh when they are asleep.
9. An infant shows a gag reflex when they:
 - a. Stick out their tongue when their lips are touched.
 - b. Make sucking motions when lips are touched.
 - c. **Spit out food that touches the back of their mouth.**
 - d. Clasp your finger when touched.
10. Healthy infants under the age of 6 months get all the water they need from:
 - a. **Breast milk or properly diluted infant formula**
 - c. Plain water
 - e. Fruit juice
 - f. Tea

11. True or **False**. Well-water should be tested weekly for contaminants such as nitrates that can cause an infant to become seriously ill.
12. What are complementary foods?
- A list of foods all infants must try.
 - Semi solid or solid foods which are offered in addition to breastmilk or formula to meet increased nutritional needs.**
 - Foods that taste good and go well together.
 - None of the above.
13. At what age are complementary foods generally introduced?
- 2 - 3 months
 - 5 - 6 months**
 - 8-9 months
 - Over 12 months
14. **True** or False. Two risks of introducing solids to an infant too early are that they might choke and they might not get enough of the nutrients they need because of reductions in breast milk or formula consumption.
15. Which of the following signs show an infant's developmental readiness for complementary foods? Select 3 answers
- Sitting up on their own and turning their head.**
 - Showing interest in food by opening their mouth and leaning towards food.**
 - Waking up during the night and crying.
 - Gagging on food when offered.
 - Using the tongue to move food around in the mouth.**
16. What do parents need to consider when starting new foods with an infant?
- Food safety—has it been prepared in a safe way
 - Texture—start with a smooth texture
 - Serving amount-observe baby cues
 - New foods- try one type of food at a time
 - All of the above**
17. Updated recommendations for the first foods to offer include which of the following? Select 5 answers.
- Iron-fortified infant cereal (multigrain, oatmeal, wheat)**
 - Vegetables**

- c. **Fruits**
- d. **Meats**
- e. **Eggs**
- f. Honey
- g. Cow's milk

18. At what age is it typically appropriate to introduce a cup?

- a. 1-4 months
- b. **6-8 months**
- c. 10 to 12 months
- d. None of the above

19. Which of the following are signs that an infant is dehydrated?

- a. Very few wet diapers
- b. Strong odor of urine
- c. Very dry mouth
- d. No tears when crying
- e. Sunken eyes
- f. Irritability, listlessness
- g. **All of the above**

20. Why are spill proof “sippy” cups not recommended for young children? Select 4 answers.

- a. **Children tend to carry these cups around and sip on large amounts of liquids all day. This can lead to tooth decay and excess calorie consumption.**
- b. **Some health professionals have concerns that these cups will lead to speech problems.**
- c. **Sippy cups do not teach them how to drink from a cup, which is a different mouth skill than sucking.**
- d. **There is a potential concern due to spoilage and contamination.**
- e. Moms these days have it easy, and really should try to work harder at getting their child hydrated.

21. **True** or False. The AAP considers infants high risk for developing an allergy if at least one close relative, like a parent or sibling, has an allergic disorder such as a food allergy.

22. You're talking with Tamlyn, a mom of an 8 month old infant, Tia. Tia has started to eat food with her fingers. It is summer time and she shares that there will be lots of picnics and family cook-outs. Tamlyn lists a couple of food items that she thinks her family will offer her infant and wants to know which will be choking hazards. Select the 4 food items below that have the highest potential to be choking hazards.
- a. **Whole kernels of corn**
 - b. **A spoonful of chunky peanut butter.**
 - c. **Whole grapes**
 - d. **An uncut hot dog**
 - e. Mashed beans
 - f. Mashed up peaches
23. True or **False**. If a parent introduces fruit before vegetables, an infant will grow up to not like vegetables.
24. **True** or False. The AAP does not recommend fruit juice for infants under the age of 1 year.
25. True or **False**. Honey is a safe and healthy sweetener to feed infants under the age of 1 year.
26. At what age is it appropriate to wean an infant off a bottle?
- a. Between 6-8 months of age
 - b. **Between 12-14 months of age**
 - c. Between 18 months-24 months of age
 - d. After 24 months of age
27. **True** or False. The AAP suggests that caregivers try one new food at time and wait a minimum of 2 or 3 days between the introduction of each new food.
28. You are working with a parent, who shares that they are giving their 10 month old infant herbal teas and botanical supplements purchased and imported from an online store. In this situation, what would be important information to consider offering when providing nutrition focused counseling? Select 4 answers
- a. **Infants may respond differently to supplements than older children and adults due to their smaller body size and immature gastrointestinal, nervous and immune systems.**
 - b. **These items may have been contaminated with heavy metals, bacteria or undisclosed additives.**

- c. **The Food and Drug Administration (FDA) does not regulate these items and advises against the use of these products with infants.**
 - d. **There may be cultural practices and beliefs that should be considered when providing counseling.**
 - e. This is not a topic we should talk about in WIC. Refer to the participant's health care provider.
 - f. Research shows that infants under the age of 1 should drink a specific type of tea to treat gastrointestinal issues.
29. The American Academy of Pediatric Dentistry (AAPD) and the American Academy of Pediatrics (AAP) recommend that infants should see a pediatric dentist for the first time when:
- a. Before starting preschool.
 - b. After their first tooth eruption or by 12-months of age.**
 - c. Between 2-3 years old.
30. True or **False**. A woman who is breastfeeding an infant with jaundice should stop breastfeeding until the infant's jaundice is resolved.