Illinois State WIC Program

Category: Pregnant

R-01.21 WIC Paper Assessment Tool

Participant ID:

	In the section below check the	e approp	riate Nutrition Education Topic(s)	discuss	sed during the appointment.
			*Method		
	Primary Individual		Primary Group		WICHealth
	Secondary Individual		Secondary Group		
	 Secondary Individual - study module, interacti Primary Group – first g 	- Individu ive bulleti roup nut osequent	rition education session group nutrition education sessions	-certifica	ation, telephone education, self-
			*Topic		
	Frequency of Feedings		Intro to Complementary Foods		Weight Gain During Pregnancy
	Infant Hunger Cues		Food Safety		Prenatal Supplement Needs
	Size of Newborn Stomach		Supplement Use		Coping Strategies for Nausea and Vomiting
]	Positioning of Baby		Feeding Relationship		Tobacco, Alcoholor Drug Use
	Growth Spurts		Eating Behaviors		Breastfeeding Promotion and Supp
	Preparing, Handling Storing Breastmilk or Formula		Mealtimes		Health Eating Behaviors
	Paced Feeding		Physical Activity		Support of Breastfeeding Goals
	Growth Spurts		Foods to Support a Healthy Pregnancy		Pregnancy Spacing
nc	atrition Education Notes: (This included include		=		trition education details, I goal(s) and what follow up is planned

Date: _____ CPA Initials: _____