

Illinois State WIC Program

Category: Postpartum/Non-Breastfeeding

R- 01.21 WIC Paper Assessment Tool

Participant ID: _____

Date: _____

CPA Initials: _____

NUTRITION EDUCATION

In the section below check the appropriate Nutrition Education Topic(s) discussed during the appointment.

*Method		
<input type="checkbox"/> Primary Individual	<input type="checkbox"/> Primary Group	<input type="checkbox"/> WICHealth
<input type="checkbox"/> Secondary Individual	<input type="checkbox"/> Secondary Group	

- o Primary Individual – Certification or Recertification visit
- o Secondary Individual – Individual in person education/follow up/mid-certification, telephone education, self-study module, interactive bulletin board
- o Primary Group – first group nutrition education session
- o Secondary Group- subsequent group nutrition education sessions
- o WIC Health – internet education

*Topic		
<input type="checkbox"/> Frequency of Feedings	<input type="checkbox"/> Intro to Complementary Foods	<input type="checkbox"/> Weight Gain During Pregnancy
<input type="checkbox"/> Infant Hunger Cues	<input type="checkbox"/> Food Safety	<input type="checkbox"/> Prenatal Supplement Needs
<input type="checkbox"/> Size of Newborn Stomach	<input type="checkbox"/> Supplement Use	<input type="checkbox"/> Coping Strategies for Nausea and Vomiting
<input type="checkbox"/> Positioning of Baby	<input type="checkbox"/> Feeding Relationship	<input type="checkbox"/> Tobacco, Alcohol or Drug Use
<input type="checkbox"/> Growth Spurts	<input type="checkbox"/> Eating Behaviors	<input type="checkbox"/> Breastfeeding Promotion and Support
<input type="checkbox"/> Preparing, Handling Storing Breastmilk or Formula	<input type="checkbox"/> Mealtimes	<input type="checkbox"/> Health Eating Behaviors
<input type="checkbox"/> Paced Feeding	<input type="checkbox"/> Physical Activity	<input type="checkbox"/> Support of Breastfeeding Goals
<input type="checkbox"/> Growth Spurts	<input type="checkbox"/> Foods to Support a Healthy Pregnancy	<input type="checkbox"/> Pregnancy Spacing

Nutrition Education Notes: *(This includes handouts reviewed/given related to the topic, nutrition education details, modifications/tailoring of food package, documentation of CVE provided, participant centered goal(s) and what follow up is planned for the next visit.)*

Empty box for notes.