WIC appointment quick guide

Household Level

- Assess voter registration at certification appointments
- Food security (questions below adapted from the AAP Hunger Vital Signs)
    - "In the last 12 months, have you or your family worried whether your food would run out before you got money to buy more?"
    - "In the last 12 months, did the food you bought run out and you did not have money to buy more?"

Pregnant

- Pregnant enrollment
    - Referral for substance use and tobacco cessation
    - Breastfeeding promotion resources
    - BFPC referral, if appropriate
    - CradleME referral, if appropriate
    - General note or Nutrition Assessment note regarding pregnancy, including food intake
    - Weight gain guidance
    - Prenatal intake
- Pregnant follow up appointment (all)
    - Weight check
    - Weight gain guidance
    - Breastfeeding promotion
    - Prenatal intake, if inadequate previously
    - BFPC referral, if appropriate
    - CradleME referral, if appropriate

Child

- 1 year child recert or enrollment
  - Lead screening—query if done, referral if not done
  - Referral for substance use and tobacco cessation
  - Immunization – proof, not a verbal (ImmPACT)
  - Assess sources of fluoride
  - Dental care: brushing teeth, recommend dental visit
- 2 year child recert or enrollment
  - Lead screening—query if done, referral if not done
  - Referral for substance use and tobacco cessation
  - Immunization – proof, not a verbal (ImmPACT)
    - If child has received 4 DTaPs, change immunization status to "DTaPs Complete"
  - Assess sources of fluoride
  - Dental care: brushing teeth, recommend dental visit
- 3 year child recert or enrollment
  - Referral for substance use and tobacco cessation
  - If "DTaPs Complete" is not the current status, assess immunization status (ImmPACT)
  - Lead screening if new enrollment—query if done, referral if not done
  - Assess sources of fluoride
  - Dental care: brushing teeth, recommend dental visit
- 4 year child recert or enrollment
  - Referral for substance use and tobacco cessation
  - If "DTaPs Complete" is not the current status, assess immunization status (ImmPACT)
  - Lead screening if new enrollment—query if done, referral if not done
  - Assess sources of fluoride
  - Dental care: brushing teeth, recommend dental visit
- Child MCA (18 months)
  - Length and weight
  - Hemoglobin check needed 6 months after infant hemoglobin screening
  - Immunization – proof, not a verbal (ImmPACT)
  - Dental care: brushing teeth, recommend dental visit
- Child MCA (2 ½ years old)
  - Weight check
  - Immunization – proof, not a verbal (ImmPACT)
  - Does this child need a hemoglobin check?
  - Dental care: brushing teeth, recommend dental visit
- Child turning 5 years old
  - Exit Counseling

Infant

- New baby paperwork
  - Pending proof of income
  - Scan in new baby paperwork
  - Enter birth length and weight in the height/weight tab
- Infant certification/first in-person appointment (birth – 2 months)
  - Verify income contact has acceptable proof of income for baby. If baby has MaineCare, is Baby's MaineCare listed in income contact?
  - Referral for substance use and tobacco cessation (can be copied from mom's referral(s))
  - Length and weight check
  - Feeding:
    - Frequency of breastfeeding, # wet/dirty diapers
    - Ounces per bottle, bottles/day if using any formula (used to calculate formula amount to issue in food Rx)
  - Supplementation of vitamin D for fully breastfed babies
  - Recommend wiping gums
- Infant 3-5 months
  - Weight check
  - Ounces formula per day if mixed feeding (used to calculate formula amount needed in food Rx)
  - Discuss signs of readiness for solids
  - vitamin D for fully breastfed babies
  - Assess how often, if at all, caregiver is wiping gums
- Infant 6-8 months/Infant MCA
  - Weight check
  - Ounces formula per day if mixed feeding (used to calculate formula amount needed in food Rx)
  - Assess intake of infant solids
  - Vitamin D for fully breastfed babies
  - Immunization – proof, not a verbal (ImmPACT)
  - Dental care: first tooth, brushing, wipe gums
- Infant 9-11 months
  - Weight check and hemoglobin screening
  - Infant CVV
  - vitamin D for fully breastfed babies
  - Document review of R&R (highlight no sale of formula or infant foods)
  - Dental care: first tooth, brushing, wipe gums
- Infant formula Rx change—any age
  - Document review of R&R (highlight no sale of formula or infant foods, return all unused formula)

Breastfeeding (Full, Partial or Some)

- Breastfeeding certification
  - Referral for substance use and tobacco cessation
  - Assess for postpartum depression
  - Hemoglobin screening if 4 weeks postpartum
  - Encourage continuing prenatals
- Breastfeeding woman nutrition education (first f/u appointment)
  - Hemoglobin screening if not performed at BF certification
  - Assess for postpartum depression
  - Return to work/school
  - Breastfeeding frequency
  - Pumping, if applicable
- Breastfeeding woman MCA (6-7 months postpartum)
  - Weight check
  - Hemoglobin screening if 6 months prior was low
  - Encourage continuing prenatal vitamins
  - Breastfeeding frequency
  - Pumping, if applicable
- Breastfeeding woman nutrition education (approx. 9 months postpartum)
  - Breastfeeding frequency
  - Pumping, if applicable
  - Exit Counseling

Non-breastfeeding

- Non-breastfeeding certification
  - Referral for substance use and tobacco cessation
  - Assess for postpartum depression
  - Hemoglobin screening if 4 weeks postpartum
  - Weight check
  - Encourage continuing prenatals
  - Weight loss goal
- Non-breastfeeding woman nutrition education
  - Hemoglobin screening if not performed at BF certification
  - Assess for postpartum depression
  - Encourage continuing prenatals
  - Return to work/school
  - Exit Counseling at last appointment before her certification end date