



Breastfeeding (BF) Infant and Participant First Month of Life



Important! In the first 30 days of an infant's life, if:

- The adult participant is issued a Fully BF food prescription (Rx) **OR** one can of formula for the infant **AND**;
- Any family benefits are used;

You can only provide the one can of formula max within the first 30 days. This is a federal rule even though Cascades won't stop you.

When a participant first comes in or calls after delivery:

- **Reflect** and **affirm** participant's choice to breastfeed;
- **Complete a BF review**, assess formula needs, and **offer support**.

Positive BF History + No Current Issues with BF

No BF History Or Currently Having Issues with BF

The CPA:

- Certifies the participant as Fully BF*.
- Documents the BF review.
- Certifies the infant.
- Prescribes a Fully BF food Rx to the dyad.

The CPA:

- Keeps the participant in PG Category through the eligibility period.
- Documents the BF review.
- Certifies the infant.
- Prescribes infant benefits based on dyad needs. If they will likely need 4 or more ounces of formula/day, make sure BF status is Partially BF > half pkg.
- Prescribes a PG food Rx for the adult participant.

Answers to Common Questions:

- *See Ch. 18 [Policy Revision: Certifying Participants after Delivery](#), for details on why you may need to leave participants in their PG category during the first 30 days of life.
 - **For participants without BF experience**, or question if they may need formula in the first 30 days, keep them in the pregnant category through the end of the eligibility period. Meaning don't certify the participant in the first 30 days and continue to provide PG food benefits.
 - **For participants with a positive BF history**, BF is going well, certify the participant as Fully BF and provide Fully BF food benefits to the dyad.
- If a participant received PG food benefits in the same month prior to delivery, they won't receive any additional benefits. If they didn't use the PG benefits, assess the issues above, and if appropriate replace benefits.
- If a participant was certified as Fully BF and **no family benefits are redeemed**. Staff can change the dyad to Partially BF > half pkg. Void BF benefits and reissue benefits. **Note** current benefits may get prorated.



Breastfeeding (BF) Review and Determining Formula

Complete a breastfeeding (BF) review ([Policy Chapter 15](#)) when:

- A participant first comes in or calls after delivery;

Or

- Anytime a participant requests formula.
 - If they are BF or pumping milk at least once a day, they are a BF participant. Mark yes to BF in the health info screen. This allows specific benefits to continue (BF support, pumps, FMNP etc.).
 - If they are no longer BF, or pumping milk at least once a day, then a full BF review isn't required.

During the BF review:

- **Develop rapport and ask open-ended questions.** Such as, "Can you tell me about how feeding your baby is going?" "What helped you know formula was needed?" Reflect and affirm the participant's choice to BF.
- **Explore participant's breastfeeding goals.**
- **If formula is needed:**
 - **Ask,** "How much formula are you giving your infant each day, including any nighttime feedings?"
 - **Record how much formula** is needed in the **BF Information** container:
 - ✓ BFPCs - Update information in BFPC Care Plan screen. Record BF Review in both BFPC Care Plan and Nutrition Assessment area of Family Care Plan in Quick Links.
 - ✓ CPAs - Update the infant's Health Information screen. Record BF Review in the Nutrition Assessment area of the Family Care Plan and Nutrition Education in Quick Links.
- **CPA reviews and prescribes the best food benefits based on needs of the dyad** (see front page).

Estimated # of cans of powder formula based on formula consumed per day		
0 - 3 oz. per day	→	1 can powder
4 - 6 oz. per day	→	2 cans powder
7 - 9 oz. per day	→	3 cans powder
10 - 12 oz. per day	→	4 cans powder
13 - 15 oz. per day	→	5 cans powder
16 - 18 oz. per day	→	6 cans powder
19 - 21 oz. per day	→	7 cans powder
22 - 24 oz. per day	→	8 cans powder
25 - 27 oz. per day	→	9 cans powder

This institution is an equal opportunity provider.

Washington State WIC Nutrition Program does not discriminate.

For persons with disabilities, this document is available on request in other formats.

To request this document in another formats, call 1-800-841-1410.

Deaf or hard of hearing customers, please call 711 (Washington Relay) or email wic@doh.wa.gov

DOH 961-1169 October 2021

