



# Prenatal and Infant Nutrition

Growing Healthy Families through WIC  
By Courtney Sudac, BS, CLS



# What is WIC??



- Supplemental nutrition program for women, infants, and children
  - Population: prenatal and post-partum women, kids 0-5
  - Income-based program funded by the government
  - 185% above poverty
  - 52% of babies born qualify for our services
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# Prenatal Care

- As soon as clients suspect or find out they are pregnant, call an OBGYN to get prenatal care started
  - 1 Checkup each month for the first 6 months
  - 2 Checkups each month in the 7<sup>th</sup> and 8<sup>th</sup> months
  - 1 Checkup each week in the 9<sup>th</sup> month
  - 1 Checkup 6 weeks postpartum
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# Prenatal Vitamin

- Key Ingredients/Benefits
  - Side Effects
  - Types
  - Other supplements
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# Dietary Needs

<b>FOOD GROUPS PER DAY:</b>	<b>Daily Serving Amount</b>	<b>Help with servings</b>
GRAINS	1 ounce = 1 serving <ul style="list-style-type: none"><li>• 1 slice of bread or tortilla</li></ul>	Eat whole grains
VEGETABLES	½ cup = 1 serving <ul style="list-style-type: none"><li>• ½ C chopped or cooked</li></ul>	Eat many kinds and colors
FRUITS	½ C = 1 serving <ul style="list-style-type: none"><li>• 1 Fruit- apple, orange, peach</li></ul>	Eat many kinds and colors
MILK & MILK PRODUCTS	1 C = 1 Serving <ul style="list-style-type: none"><li>• 1 Cup of Yogurt</li></ul>	Buy lowfat 1% milk
MEAT & BEANS	1 ounce is: ¼ cup of cooked beans or tofu 1 ounce of meat	Choose lean meats. Bake, broil, or grill them.

# Dietary Tips

- Eat small meals and snacks every 2-3 hours to help avoid nausea
- Cook meat to a well done temperature
- Cook hot dogs, cold cuts, and deli meats Make sure dairy products are pasteurized
- Be mindful of fish intake\*
- Watch caffeine intake < 200 mg per day
- Herbal products





# Weight Gain

<b>Pre-Pregnancy BMI:</b>	<b>Appropriate weight gain:</b>
>18.5	Underweight: 28-40 lbs
18.5-24.9	Normal Weight : 25-35 lbs
25.0-29.9	Overweight: 15-25 lbs
30.0 and above	Obese: 11-20 lbs

- First Trimester: 1.1-4.4 lbs total for a single pregnancy
  - After first trimester: ½ lb- 1 lb a week
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# Physical Activity

- As long as the doctor says it's okay, try to keep active
- 30 minutes a day
- Type of activity
- Reduces stress, increases energy levels, tones muscles, helps with labor





# Prenatal Oral Care

- Regular dental visits
- Pregnancy Gingivitis
- Enamel Erosion
- PICA



# Skin-to-Skin

- Helps transition from womb to world
- The infant is placed on its abdomen between the mother's breasts right after delivery
- Infant should only have a diaper on
- Recommended Duration: 1-3 hours
- Dads can do skin-to-skin too!





# Infants Who Had Skin to Skin Immediately After Birth

- Cried less
  - Stayed warmer
  - Had more stable blood sugars
  - Had more stable heart rates
  - More likely to leave the hospital exclusively breastfeeding
  - More likely to be exclusively breastfed during the first 6 months of life
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# Breast Crawl

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# Breastfeeding

- Biological Norm
- Cost effective
- Less likely to overfeed
- Understanding your baby better
- Health Benefits



# Health Benefits for Baby

- First immunization
  - Effective pain relief
  - Reduces newborn mortality
  - Prevents obesity
  - Lower levels of gut inflammation
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# Maternal Benefits

- Delays fertility
  - Emotional health
  - Reduces risk of Type 2 Diabetes after GDM
  - Reduces risk of cancer
  - Reduces Alzheimer's disease
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# Colostrum: Liquid Gold

- Starts about 16 weeks gestation
- High density, thick, yellow/gold substance
- Seals the gut
- Primer
- Laxative effect, clears meconium





# Human Milk

- Transitional milk-after 72 hours
- Mature Milk- Days 14 and on
- Composition and volume varies among women

\*The longer the mom breastfeeds, the higher the fat content of the milk

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# Foremilk/Hindmilk

## Foremilk

-First milk that is obtained during the feed

- Less fat

## Hindmilk

- The emptier the breast, the higher the fat content





# Indicators of Effective Feeds

- Wide mouth latch, Rooting
  - Audible swallows
  - By day 4- at least 3 dirty diapers and 6 wet diapers
  - After a week- Awake at the beginning of the feed and falls asleep toward end of feed
  - Gain back birth weight around day 10-14
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# Pumping

## Hand pump, Electric Pump

- Initiation production
- Maintaining supply
- Increasing production
- Returning to work or school





# What is My Baby Trying to Tell Me?



- “I am Hungry”
  - “I am full”
  - “I want to be near you”
  - “I need something changed”
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# Understanding Sleep

## Light sleep:

- Wakes up easily
- Moves around and makes noises
- Has a lot of eye movement
- Dreams
- Brain grows and develops



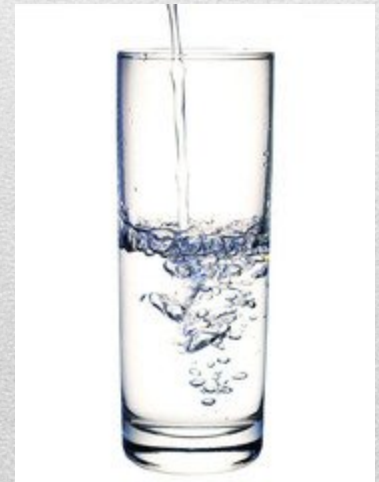
## Deep Sleep:

- Doesn't wake up easily
  - Has relaxed and floppy arms and legs
  - Doesn't move very much
  - Brain rests.
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# Nutrition During Lactation

- Meals, snacks, and water to hunger and thirst
- Prenatal supplements
- Vitamin D
- Keep it SIMPLE



# Complimentary Feeding

- **Six** months old
- Stages of food
- Infant Cereal- rice, oatmeal, barley
- Vegetables
- Fruit
- Meats





# Feeding Cont.

- 8-9 Months old
- Finger foods
- Self Feeding



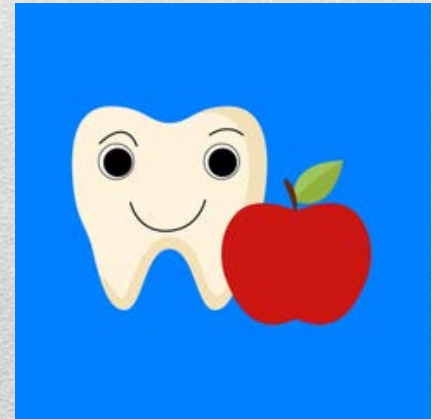
# Beverages & Oral Care

- Avoid putting child to bed with a bottle
  - Introduce a sippy cup at 6 months
  - May introduce water at 6 months but avoid juice until one years old
  - Wean child off of a bottle and pacifier at one
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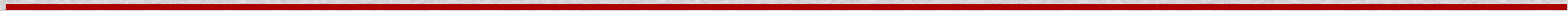
# Beverages and Oral Care Cont.

- May start cows milk at one year
- Breastfeeding
- First dental visit



# WIC Breastfeeding Support & Resources

- Prenatal breastfeeding classes
- Postpartum breastfeeding support groups
- Peer Counselor Support
- Assistance with latch/position
- Tips/Help for returning to work/school
- Pump Issuance & Supplies
- Weight checks, one-on-one support, phone support & MORE!





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# QUESTIONS OR CONCERNS?

The breastmilk was superb and the service was amazing!



I'll definitely be dining here again.



- **Contact information:**

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