

	For Women Planning to Breastfeed	For Parents Planning to Bottle-feed
Interview Questions	<ul style="list-style-type: none"> ? Have you thought about breastfeeding? ? Do you know about the benefits of breastfeeding for you and your baby? ? Do you have any concerns about your diet and breastfeeding? ? Do you restrict any foods in your diet because of lack of appetite, food aversions, vegan or vegetarian diets, weight gain, food allergies and sensitivities, or any other reason? ? Does your family have a history of food allergies? ? Are you taking prenatal vitamins? Do you plan to take any in the future? ? Do you take vitamin or mineral supplements? ? Do you drink wine, beer, or other alcoholic beverages? ? Do you use any drugs (prescription, over-the-counter, or illegal)? ? Do you have any questions about feeding your baby? ? What experiences have you had feeding babies? ? With your own children? Other children? Your siblings? ? What does your partner or family think about your plan for feeding? ? Are you concerned about having enough money to buy food? ? Do you smoke? Does anyone smoke in your home? ? Do you have problems with your teeth? ? Does the water you drink contain fluoride? 	
	<ul style="list-style-type: none"> ? Do you have any questions about breastfeeding? ? Have you attended any classes on breastfeeding? ? Do you have family members or friends who will help as you are learning to breastfeed? ? Do you know how to contact breastfeeding support groups or lactation consultants? ? Do you know your HIV status? 	<ul style="list-style-type: none"> ? Do you know what infant formula you plan to use? Is the infant formula iron fortified? ? How will you prepare the infant formula? ? After the infant formula is made, how will you store it? ? Do you have family members or friends who will help you feed your baby?
Counseling	<ul style="list-style-type: none"> ? Consume folic acid, especially before pregnancy and during the first trimester. Eat a variety of foods that contain folate, in addition to a folic acid supplement and foods that are fortified with folic acid. ? Foods that contain folate include fruits (e.g., oranges, strawberries, avocados); dark-green leafy vegetables (e.g., spinach, turnip greens); some other vegetables (e.g., asparagus, broccoli, Brussels sprouts); and legumes (e.g., black, pinto, navy, and kidney beans). ? Try to maintain a healthy weight throughout pregnancy. ? A safe amount of alcohol consumption by pregnant women is not known. The only sure way to avoid the possible harmful effects of alcohol on the fetus is to avoid drinking alcoholic beverages entirely. 	

	<ul style="list-style-type: none"> ? If you smoke, quit or cut back to improve your health and the health of your baby. ? Maintain good oral hygiene and obtain dental care if needed. ? Weight loss after pregnancy should occur gradually by adjusting energy intake, level of physical activity, or both. ? Moderate physical activity, such as gentle aerobics (e.g., walking, swimming), is recommended as soon as possible after delivery. 		
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> ? Learn your HIV status. If you are HIV positive, do not breastfeed. ? Begin breastfeeding your baby as soon as possible after birth, usually within the first hour. ? Nurse your baby when she shows signs of hunger. Try not to wait until she is crying; crying is the last sign of hunger. ? Breastfeed your baby about 8 to 12 times every 24 hours until she seems satisfied. ? Do not give your baby supplements (e.g., water, glucose, formula) unless a medical condition requires it. </td> <td style="width: 50%; vertical-align: top;"> <ul style="list-style-type: none"> ? Prepare 2 oz of infant formula every 2 to 3 hours at first. Make more if your baby seems hungry, especially as the infant grows. ? To prevent cavities, avoid doing things that may harm your baby's teeth (e.g., putting her to bed with a bottle, propping a bottle in her mouth, giving her a bottle when she's not hungry). </td> </tr> </table>	<ul style="list-style-type: none"> ? Learn your HIV status. If you are HIV positive, do not breastfeed. ? Begin breastfeeding your baby as soon as possible after birth, usually within the first hour. ? Nurse your baby when she shows signs of hunger. Try not to wait until she is crying; crying is the last sign of hunger. ? Breastfeed your baby about 8 to 12 times every 24 hours until she seems satisfied. ? Do not give your baby supplements (e.g., water, glucose, formula) unless a medical condition requires it. 	<ul style="list-style-type: none"> ? Prepare 2 oz of infant formula every 2 to 3 hours at first. Make more if your baby seems hungry, especially as the infant grows. ? To prevent cavities, avoid doing things that may harm your baby's teeth (e.g., putting her to bed with a bottle, propping a bottle in her mouth, giving her a bottle when she's not hungry).
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Adapted from: Story M, Holt K, Sofka D, eds. 2002. *Bright Futures in Practice: Nutrition*, Second edition. Arlington, VA: National Center for Education in Maternal and Child Health.