

Interview Questions – Adapted from *Bright Futures in Practice: Nutrition*

The *Bright Futures in Practice: Nutrition* guidelines offer some questions to ask during the interview process. Questions and guidelines for the 4 month, 6 month, 9 month, and 12 month visits (plus early childhood, middle childhood, late childhood, and adolescence) are also available.

	For mothers of breastfed infants	For mothers of formula-fed infants
General	<ul style="list-style-type: none"> • How do you think feeding is going? Do you have any questions about feeding Shelley? • How does Shelley let you know when she is hungry? How do you know when she has had enough to eat? • How often is Shelley eating? • Have you noticed changes in the way she eats? • How do you feel about the way Shelley is growing? • Are you concerned about having enough money to buy food or infant formula? • What is the source of your drinking and cooking water? Do you use bottled or processed water? • Do you smoke? Does anyone smoke in your house? • What is the longest time Amanda has slept at one time? • How much rest are you getting? • How many wet diapers does Amanda have each day? • Do you burp her during or after a feeding? • Is anyone helping you feed Amanda? 	
	<ul style="list-style-type: none"> • Do you need any help with breastfeeding? • How often do you feed Edward? How do you know when he is hungry? • Does Edward attach to your breast and suck well? • Do you hear him make swallowing sounds when you breastfeed? • Have you had any problems with your breasts or nipples (for example, tenderness, swelling, or pain)? • Do you restrict any foods in your diet? • What vitamin or mineral supplements do you take or plan to take? • Do you drink wine, beer, or 	<ul style="list-style-type: none"> • What infant formula do you use? Is the formula iron fortified? • How do you prepare the infant formula? • How do you store the infant formula after you make it? • How do you clean the nipples, bottles, and other equipment before and after feeding? • What do you do with the milk in the bottle after Amanda has finished eating? • How do you hold Amanda when you feed her?

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	<ul style="list-style-type: none"> other alcoholic beverages? Do you use any drugs (for example, prescription, over-the-counter, or illegal)? Do you know your HIV status? 	
Within 1 week	<ul style="list-style-type: none"> Do you burp Claire during or after a feeding? Is anyone helping you feed her? How many wet diapers and bowel movements does Claire have each day? How active is Claire? 	
	<ul style="list-style-type: none"> Do you feel your let-down reflex (milk “ejection” from the alveoli and ducts)? Have you noticed changes in your milk? Have you had any problems with sore breasts or nipples? How often do you feed Spencer? How long do you feed him each time? Does Spencer suck well? Does he latch on well and breastfeed in a rhythm? Do you have any concerns or questions about what you are eating? 	<ul style="list-style-type: none"> What infant formula do you feed Claire? Is the formula iron fortified? How often do you feed Claire? How much does she eat at a feeding? How do you hold Claire while feeding? How do you hold the bottle? How do you know if Claire is hungry? How does she let you know she has had enough to eat? Do you think the bottle nipples you are using are appropriate for Claire?
2 weeks to 2 months	<ul style="list-style-type: none"> Have you offered Morgan anything other than breastmilk or infant formula? Is anyone helping you feed her? What is the longest time Morgan has slept? Have there been times when she seemed to be growing very fast and seemed to want to eat all the time? What did you do? Do you burp Morgan during or after a feeding? How many wet diapers does she have each day? Have you had a postpartum medical visit? If so, did you discuss family planning? 	
	<ul style="list-style-type: none"> Do you have any questions about breastfeeding? How often do you feed Fernando? How long do you feed him each time? Are you planning to return to work or school? If so, are you expressing your breastmilk? 	<ul style="list-style-type: none"> What infant formula are you feeding Morgan? Is it iron fortified? How often do you feed her? How much does she eat at a feeding? How long does it take to feed Morgan?

	For mothers of breastfed infants	For mothers of formula-fed infants
	<p>How do you store it? How long do you keep it?</p> <ul style="list-style-type: none"> • Has Fernando had any infant formula in addition to breastmilk? 	<ul style="list-style-type: none"> • Have you offered her anything other than infant formula? • What do you do with milk left in the bottle after Morgan has finished eating? • Do you prop the bottle or let her feed herself? • Do you put Morgan to bed with a bottle?