



WIC Appointment Quick Guide

Household Level

- Assess voter registration at certification and re-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
 - 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



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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



WIC Appointment Quick Guide

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)



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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 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 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 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 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 certification end date