

Preventing Anemia in Infants

STAFF WORKSHEET

Instructions

- View the [Meaningful Minutes - Preventing Anemia in Infants video](#).
- Discuss the worksheet questions below at a staff meeting.
- Links to the resources highlighted in the video.
 - Topic of the Month:
 - [Infant Cereal: Topic of the Month \(PDF\)](#)
 - MN WIC Nutrition Education Cards:
 - [Introducing Solid Foods \(PDF\)](#)
 - [Choosing Meats & Textures \(PDF\)](#)

Staff discussion questions

- How can you identify infants at highest risk for early iron deficiency? Discuss strategies for ensuring prevention of anemia remains a priority during the first year for these infants.
- How do you like to explain the purpose of iron supplementation, how long it is needed, and how to support adherence? How do you adjust the explanation for distinct groups (exclusively breastfed infants at 4 months, partially breastfed infants, preterm infants, formula-fed term infants)?
- What strategies can be used to address common misconceptions about infant cereal? Discuss how to explain nutrient content, available WIC options, and how infant cereal fits into a balanced progression of solids.
- What age-specific nutrition counseling messages related to iron intake are most important to give families before infants reach 4-6 months of age and 9-12 months of age?
- Discuss effective approaches to helping participants understand the importance of prioritizing iron rich foods for infants. What resources have you found helpful to share?
- What protocols or guidelines does your agency follow when an infant has a low hemoglobin level?

References – full listing of hyperlinks

[Meaningful Minutes - Preventing Anemia in Infants video](#)
(<https://vimeo.com/1157304821/0b5767ca50?share=copy&fl=sv&fe=ci>).

PREVENTING ANEMIA IN INFANTS

Infant Cereal: Topic of the Month (PDF)

(<https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/infantcereal.pdf>)

Introducing Solid Foods (PDF)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/infintrosolids.pdf>)

Choosing Meats & Textures (PDF)

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/inftextures.pdf>)