Today was my last time going to the Euclid WIC center in order to finish up the 1½ hours of counseling I had left. The first counseling session I observed Mariana and her session was in Spanish which I was excited for because I can understand Spanish pretty well. During this counseling session, Mariana followed up with the mom about her 3 year old son and also registered her 6 month old baby girl for WIC benefits. The mom’s main concern with her son, was that he was not growing enough for his age. Mariana showed her the WIC weight and height charts for children her son’s age and showed the mom where her son should be at. Next, Mariana went over foods that her son does and does not like to eat in order to get a better idea of why he was not growing properly. However, the mom said that his father is short and that may be why her son is shorter for his age as well. Mariana took the time to go over serving sizes with the mom to make sure the mom’s son would be getting enough food to promote healthy growth and weight gain. In addition, Mariana gave the mom a pamphlet called “I am 3” which goes over child care for a 3-year-old and proper nutrient needs and goals for that age.

In the middle of this counseling session I was pulled away by Lynne, who oversees different WIC offices in San Diego. Since the office had 3 volunteers observing today, we were split up and paired with different Degreed Nutritionists. The next 2 sessions that I observed today were follow up appointments with the DN named Sagrario. Both follow up appointments went smoothly, and neither of the moms had any questions for Sagrario that were out of the ordinary. Opposed to Mariana, Sagrario asked both moms about their physical activity and if they were getting regular exercise. In addition, Sagrario also made sure both of the moms were taking multivitamins. I think that these were two very important questions to ask since the WIC program offers vitamin supplements for those that are low in certain nutrients.
questions related to maintaining good health for the new moms and also healthy weight gain during pregnancy. After observing the rest of my counseling, I was sad to leave Euclid WIC but I am so grateful for this experience!

WIC 4th visit

Posted by Paige Davies at Monday, April 23, 2018 8:58:21 PM

WIC: 4th visit

Date: 4/18/18

During my 4th visit to the Euclid WIC office, I observed the “Infant Feeding” class, observed 30 minutes of counseling with Mariana the RD, and then got to teach the “Infant Feeding” class to WIC participants. Our Euclid WIC contact Lauren went through the class with me like I was an actual WIC participant in order familiarize me with the content of the Power Point before I was going to present it in the next hour. The infant feeding class covered a broad spectrum of information including what WIC benefits breast feeding moms get, what snacks are good for the baby from 6-12 months, when you should wean your baby from a bottle, and the importance of family meal times. I feel like this class could be improved upon by making it more interactive and passing out certain pamphlets so the participants can refer to them and remember what the class covered. Before I taught the “Infant Feeding” class and was observed by a WIC DN named Olivia, I sat in on more counseling with Mariana. In this counseling session, Mariana talked to a new mom that had previously had very low iron levels. The mom was instructed to start taking iron pills in her last counseling session and has been doing so for the past month. Mariana decided to re-assess her iron levels and found her iron to be a little higher than normal, which was really good news. In addition, Mariana asked the mom if she was interested in joining the “Milky Mamas Club” which is a program that Euclid WIC offers to support breast feeding moms. Today was my first time hearing about this breast feeding support group and I thought it was a great idea. Breast feeding is never easy and this club gives moms a chance to share their struggles and feel like they have support!

WIC 3rd Visit

Posted by Paige Davies at Monday, April 23, 2018 8:21:35 PM

WIC 3rd visit: 4/13/18

Today during my 3rd visit things did not go as planned. I was supposed to meet with Lauren and sit in on the “Infant Feeding” class but Lauren was not there and the class was cancelled. I stayed at the office for
almost 2 hours sitting around. Luckily, I was able to meet someone going through the WIC internship that is a possibility of pursuing through the DPD program at SDSU. One of the selected few for the WIC internship, Robert Davis, was able to give me advice on how to get more involved with WIC and his experience with the internship so far. It really opened my mind to the possibility of working at WIC in the future and what options I had for my internship after I graduate!

Unfortunately, there was no counseling to be done for the rest of the day and I ended up leaving and hoping there wouldn’t be any more communications errors.

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WIC 2nd visit

Posted by Paige Davies at Monday, April 23, 2018 7:21:34 PM

WIC 2nd Visit: April 9th

During my second visit to the Euclid WIC office, I observed the WIC orientation class, the Meatless Monday’s class and sat in on more counseling with Mariana the RD at the office. The first thing that I did on this day was watch the WIC orientation video to get a better understanding of the things that WIC does and the benefits that WIC gives out to new moms and single fathers. During this video, I learned that breast feeding moms get the most benefits as far as food compared to moms that sometimes or don’t breast feed at all. This makes sense because moms that are breast feeding need to make sure that they are getting adequate nutrition because breast feeding burns calories. This orientation video also went through how to use WIC checks and what foods you can and cannot buy with the checks. Overall, this video was very informative and would help new WIC participants greatly. Before sitting in on the “Meatless Monday’s” class Mariana the RD went over the charting process for counseling. She told us the first things that you want to chart include what supplements the mom is taking: iron, fortified iron, folic acid, etc. Next, Mariana opens the counseling sessions to the client by always asking them if they have any questions that the moms would like to address first. I think that is great because moms always have questions about their baby or what they can do better. Mariana mentioned that she usually gets sent the SH patients which stands for “single and high risk” because she is the Dietitian and will be able to help the moms with more serious concerns like moms that delivered preterm, have low iron, or experienced gestational diabetes. After meeting with Mariana, it was time to observe the “Meatless Monday’s” class that a DN Olivia was teaching. There was one mom that attended this class with her toddler. The point of this class was teaching why it is beneficial for the environment and as a mom to avoid meat at least once a week. Meat production uses a lot of natural resources like water and natural gasses. Consumption of animal meat can also lead to high cholesterol and blood pressure. This class included a few meatless recipes that looked really good and nutritious as well. After viewing this class, I am going to consider having a meatless Monday. For the
remainder of the day at WIC I observed a counseling session with Mariana. This counseling session dealt with a new mom that had to obtain formula prescriptions for her premature baby. WIC was able to provide her with 3 months of this special formula until the new mom could get a prescription from her doctor. I thought this was awesome because WIC was helping this mom stay on her feet and feed her baby so she did not have to affect her baby’s health.

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1st Visit: 3/12/18

Posted by Paige Davies at Monday, April 23, 2018 6:53:40 PM

Euclid WIC: 1st visit

Date: 3/12/18

My first impression of the Euclid WIC office was that it was very organized and colorful. Compared to another WIC office I volunteer at, there seemed to be more classrooms and more Degreed Nutritionists on staff. There were toys for kids to play with and colorful fruits hanging from the ceiling. On this day, we met with Lauren who is the Euclid WIC contact. Lauren introduced us to Ofe another employee and Mariana a Registered Dietitian on site. The first thing I did at WIC was I got the chance to observe the “Baby Cues” class. For this class, there was one mom who joined us to learn more about feeding her baby. The content of this class went over how you can tell if your baby is full, hungry, or is uncomfortable. For example, when the baby turns his/her head away from the breast or bottle that is a cue that the baby is full. The person that facilitated this class got the mom to participate by asking her for feedback, if she had any questions, and about her own experiences. I learned a lot from this class that I can apply as a babysitter and also in the future when working with clients. In the future, I want to make it a goal to make presentations like WIC because they are easy to follow along with and clear. After observing this class, I was able to sit in on 30 minutes of counseling. For this counseling session we observed the RD Mariana. She had a general follow-up appointment with her patient and her newborn baby. Mariana first asked if she has diabetes, gestational diabetes, high blood pressure, or if she smokes or drinks. Next, Mariana asked her when was the last time she went to the doctor for herself and the baby. Mariana informed her to have the doctor check her iron and blood sugar levels because she had been dealing with gestational diabetes in her last pregnancy. After that, Mariana asked the mom how breast feeding has been going and what her plans are to continue breast feeding. Lastly, Mariana supplied the mom with pamphlets on supplements and scheduled her next appointment for 2-3 weeks. It was interesting observing my first interviewing session. I did not know that WIC involved motivational interviewing and I thought it was great to be able to give one on one counseling to moms and answer all their questions. Mariana was really patient when talking to the moms and made sure there were not any unanswered questions.