

Extended Abstract

## Individualizing infant formula recommendations to meet infant needs and answer parent's questions!

**Bridget E Young**

*Baby Formula Expert, USA*

Nurse midwives and neonatal nurses are the front lines of breastfeeding support, and trusted parental sources of information regarding common infant feeding concerns. This presentation provides research-based education regarding the formulation differences in term infant formula options. The focus is on the major macronutrients of infant formula. The various options in each macronutrient category will be discussed with a focus on individual patient history and infant scenarios that may benefit from different choices. Case studies are included to demonstrate how to incorporate evidence-based education into emotional conversations with patients surrounding infant formula. This talk will arm attendees with the knowledge to confidently read a formula label and accurately distinguish between marketing and science. More importantly—it will equip them with the ability to provide evidence-based individualized guidance about formula choice and administration to patients. Child care settings provide daily indoor and outdoor opportunities for promoting and monitoring children's development. Caregivers/teachers should monitor the children's development, share observations with parents/guardians, and provide resource information as needed for screenings, evaluations, and early intervention and treatment. Caregivers/teachers should work in collaboration to monitor a child's development with parents/guardians and in conjunction with the child's primary care provider and health, education, mental health, and early intervention consultants. Caregivers/teachers should utilize the services of health and safety, education, mental health, and early intervention consultants to strengthen their observation skills, collaborate with families, and be knowledgeable of community resources. Programs should have a formalized system of developmental screening with all children that can be used near the beginning of a child's placement in the program, at least yearly thereafter, and as developmental concerns become apparent to staff and/or parents/guardians. The use of authentic assessment and curricular-based assessments should be an ongoing part of the services provided to all children (5-9). The facility's formalized system should include a process for determining when a health or developmental screening or evaluation for a child is necessary

### **Biography:**

Bridget E Young uniquely applies her years of academic research in perinatal nutrition to the real-world scenario of infant feeding. As a certified lactation Counselor and Academic Researcher in human milk composition, she is able to translate primary scientific medical literature into applicable insights. She uses her expertise daily with individual families to construct individualized feeding plans that resolve infant feeding issues and optimize health. She is passionate about sharing this expertise with health-care providers and providing them with research-based, unbiased education about infant formula and nutrition, so they can adequately support their patients through the challenging postnatal period.