

Preventing Anemia in Children

STAFF WORKSHEET

Instructions

- View the [Meaningful Minutes - Preventing Anemia in Children](#) video.
 - Links to the resources highlighted in the video.
 - [How to Eat More Foods with Iron \(PDF\)](#).
 - Learn how you can access the wichealth.org resources, [New features for wichealth staff accounts \(PDF\)](#).
 - [Eating more Iron \(PDF\)](#).
 - [Anemia Resources](#) Scroll down to Examples of Local Agency Guidelines for Low Hemoglobin.
- Discuss the worksheet questions below at a staff meeting.

Staff discussion questions

- How do you explain the importance of the WIC hemoglobin screening to families?
- What techniques do you use to calm or distract a child while conducting the hemoglobin screening?
- Share an experience where a medical condition may have contributed to a child's low hemoglobin.
- Which dietary practices do you often see contributing to a child's low hemoglobin?
- What are some common recommendations that you make for increasing consumption of iron rich foods?
 - Share ideas for increasing consumption of iron rich WIC foods.
 - Share kid friendly ideas for increasing consumption of iron rich and vitamin C rich foods.
- What techniques/recommendations have been effective in helping a family identify ways to decrease a child's excessive milk intake?
- What protocols or guidelines does your agency follow when a child has an extremely low hemoglobin? See examples of local agency guidelines [Anemia Resources](#).

Reference – Complete Listing of Hyperlinks

- How to Eat More Foods with Iron (PDF) (<https://maia-public.s3.us-east-2.amazonaws.com/Products/Wic/Uploads/Resources/5771af98-75b5-4872-8cd7-a57285297f2a.pdf>)
- New features for wichealth staff accounts (PDF) (<https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/edchoice/wichealthstaff.pdf>)
- Eating more Iron (PDF) (<https://www.health.state.mn.us/docs/people/wic/nutrition/english/geniron.pdf>)
- [Anemia Resources](https://www.health.state.mn.us/people/wic/localagency/anemia.html) (<https://www.health.state.mn.us/people/wic/localagency/anemia.html>)

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