

**Breastfeeding Descriptions**

- I. Use the definitions in the following table to describe the amount of breastfeeding that is occurring:

<b>Breastfeeding Descriptions</b>	
<b>Fully or Exclusive Breastfeeding</b>	
Exclusively Breastfeeding	Has been fed <u>only</u> human milk, vitamins, minerals, and/or medications.
Primarily Exclusive/ No Formula Package	Has been fed something other than human milk, vitamins, minerals and/or medications on <u>rare occasion in the past</u> or one time feeding of infant formula, human milk fortifier, cow's milk, juice, sugar water, rehydration solution, water, baby food, or anything else. This identifies an infant whose exclusively breastfeeding is <u>interrupted</u> because of special circumstances (e.g., acute illness, hospitalization, caregiver misinformation).
Primarily Exclusive/ Complementary Foods	Has been fed any complementary <u>foods</u> (e.g., cereal, baby food, table foods) <u>in addition</u> to only being fed human milk, vitamins, minerals and/or medications. These foods are provided on a routine or <u>ongoing basis</u> regardless of the amount.*
<b>Partially Breastfeeding</b>	
Partially (Mostly**) Breastfeeding	Breastfeeding and receiving formula (WIC). May also be fed complementary foods.
<b>Not Breastfeeding</b>	
No Longer Breastfeeding	Was breastfeeding at some point in time but has now discontinued.
Never Breastfed	Was never breastfed.
<b>Breastfeeding Child</b>	<b>Greater than or equal to 12 months of age and continuing to</b>

breastfeed.

\*Human milk fortifier is considered a formula and infants routinely receiving it are defined as Partially Breastfeeding. Once human milk fortifier is discontinued, then the infant may be classified as Fully Breastfeeding, if the definition of Fully Breastfeeding is met.

\*\* The descriptor "Mostly" is added to the designation; Partially (Mostly) Breastfeeding meaning "in range". Food Package VII is issued to Partially (Mostly - in range) Breastfeeding mothers who are breastfeeding (in range) multiples from the same pregnancy and to pregnant women who are Partially (Mostly – in range) Breastfeeding.

II. Describing the Amount of Breastfeeding. Use the following to describe the amount of breastfeeding that is occurring and to determine the food packages for mothers' breastfeeding multiples:

a. Food Package for Mothers Breastfeeding Multiples.

i. Exclusively Breastfeeding Definition. The federal regulations state that food package VII (exclusively BF) is for four different breastfeeding situations:

1. Fully breastfeeding women whose infants do not receive formula from WIC,
2. Women pregnant with two or more fetuses, and
3. Women fully or partially (mostly – in range) breastfeeding multiple infants from the same pregnancy.
4. Pregnant women who are fully or partially (mostly – in range) breastfeeding singleton infants.

ii. Breastfeeding Multiples. Food Rule for Multiple Infants allows:

1. Ex Bf twins, no artificial baby milk (ABM artificial baby milk or infant formula) = 1.5 BF food package (VII)
2. 1 Ex BF infant and 1 Part BF infant (in range) = full BF package (VII)
3. 1 Ex BF infant and 1 Part BF infant (out of range) = full BF package (VII)
4. 1 Part BF infant (in range) and 1 Part BF infant (out of range) = partial BF package (V - same as for pregnant women)
5. 2 Part BF infants (in range) = full BF package (VII)
6. 2 part BF infant (in range), 1 part BF infant (out of range) = full BF package (VII)
7. 2 Part BF infants (out of range) = postpartum package (VI)

iii. Breastfeeding and later becomes Pregnant. If a woman is exclusively or partially breastfeeding and becomes pregnant, recertify her in the pregnant category.

iv. A pregnant woman who is also partially (mostly) breastfeeding or is exclusively breastfeeding, is to receive the fully breastfeeding package (VII).