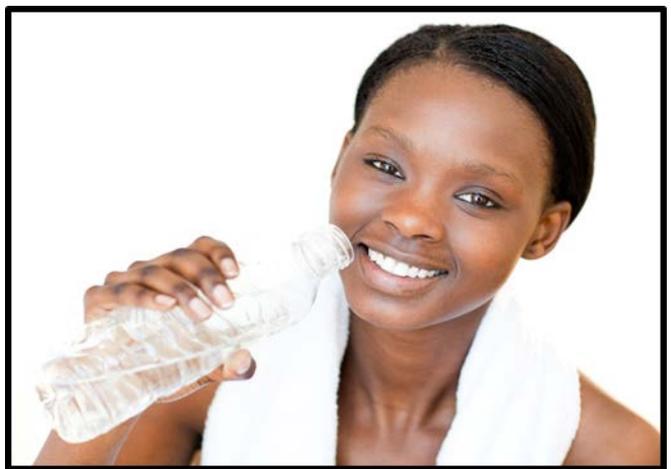




IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH

Idaho WIC Training Postpartum Nutrition

Trainer



Module 1: Postpartum Nutrition and Weight



Activity 1

COMPETENCY:

1. Learner is able to identify key nutrients for postpartum health.

Instructions: Match key nutrients for postpartum health with the food sources containing that key nutrient. Next, create a meal that includes foods which contain these four key nutrients.

(Module 1, Slides 6, 7, 9 and 12)

Key Nutrients

Folic Acid d

Calcium b

Iron a

Protein c

Food Sources

- a. beef, chicken, pork, fish, dried beans, tofu, fortified cereals
- b. milk, yogurt, cheese
- c. eggs, beef, chicken, pork, fish, beans, lentils, nuts, tofu, milk, yogurt, cheese
- d. Legumes, leafy greens, orange juice, asparagus, fortified cereals and breads

My Meal	
Food	Key Nutrient(s)
<p><u>Sample Meal:</u></p> <p>(Many variations are possible, make sure the learner's answer includes at least one food from each of the key nutrient categories listed above)</p>	



Activity 2

COMPETENCY:

- 1. Learner is able to identify appropriate responses when talking about weight with a WIC participant.**

Mock Scenario:

Salina is a new mother who is 6 weeks postpartum. She is 5 feet 4 inches tall and currently weighs 174 pounds. Salina tells you she hopes to lose the weight she gained during her pregnancy and, over time, reach a healthy weight. Salina has been very focused on her new infant and is now ready to focus on herself and change some of her current eating habits.

Based on this scenario, *check* (✓) each of the remarks below that would be an appropriate reply when talking with this participant. Please explain why each statement is or is not appropriate.

1. _____ “This BMI table shows you’re going to have to lose at least 30 pounds to get to a healthy weight, and even more would be better.” **When providing information to WIC participants, stick to the facts. Avoid opinionated statements such as, “even more would be better.”**
2. ✓ “Now that you’ve had the baby, this is a great time to start making some changes in your eating habits and your activity level. Tell me more about what you’ve already done to change some of your eating habits, if anything.” **These statements includes a reflection and a probing question to learn additional information. The staff person is trying to find out what Salina has already tried before proceeding. The staff person is not making any assumptions.**
3. _____ “Look at this great diet I found in a magazine yesterday. It said you could lose up to 5 pounds per week.” **Do not recommend fad diets to WIC participants. A weight loss of ½-2 pounds per week is more appropriate.**
4. _____ “When I had my baby I lost all the extra weight by 6 months. I bet you could do that too.” **Avoid comparing the participant’s story or situation to your own. Avoid personal stories that might make a participant feel uncomfortable or pressured.**
5. ✓ “I heard you say you would like to improve your weight. It’s great you’re ready to make a change. It’s going to take some time for your body to adjust and lose the extra weight.” **This statement includes a reflection and an affirmation. The staff person assesses the mom’s stage of change (readiness). The staff person reassures Salina weight loss is a slow process.**
6. ✓ “What have you heard about healthy ways to lose weight?” **This statement is a probing question to find out additional information. The staff person is trying to find out what Salina has already tried before proceeding. The staff person is not making any assumptions.**



Activity 3

COMPETENCY:

1. Learner demonstrates how to form a reflective listening statement.

Reflective Listening Activity

Instructions: Review the “Key Points” below about reflective listening. Next, read statements made by postpartum women about nutrition and physical activity. Practice forming **reflective listening statements** for each statement.

Key Points about Reflective Listening:

A reflection is a brief response that lets the speaker know you’ve been listening. It is not a question. Reflecting helps you check your understanding of what is being said and is also a way to show you understand.

To form effective reflective listening statements, ask yourself:

- What do you think she means?
- Why might this be important to her?
- What might she be feeling about this?
- What might this really mean to her?
- What might she be trying to say that isn’t coming out?
- What else might this mean?

Examples of how to begin your reflective listening statement:

- “So you...”
- “You are...”
- “You think...”
- “You don’t think...”
- “You feel...”
- “It sounds like...”
- “It seems that...”
- “What you’re saying is...”
- “You’re wondering if...”
- “In other words...”
- “It looks like...”
- “I feel as though...”

For more information about reflective listening, revisit the LMS course, WIC PCE – Module 4 of 9 – O.A.R.S.

Postpartum woman:	Your reflective listening response:
I enjoy going to aerobics classes, but I can't afford to join a gym right now.	<p>Possible responses:</p> <ul style="list-style-type: none"> ◆ Exercising makes you feel good, but money is tight. ◆ It sounds like you really want to exercise, but on the other hand you feel like you need to spend money to do so. ◆ You're feeling stuck since you can't afford a gym membership. ◆ So it sounds like you would take more aerobics classes if it was more affordable.
I like to walk, but I don't always feel safe walking alone in my neighborhood.	<p>Possible responses:</p> <ul style="list-style-type: none"> ◆ From what I am hearing, you enjoy walking and being active, but you feel like you aren't safe going by yourself. ◆ Sounds like you have concerns about your safety. ◆ It seems that walking with a friend would be safer.
I have never exercised. I just don't like things like jogging, swimming, or aerobics.	<p>Possible responses:</p> <ul style="list-style-type: none"> ◆ It sounds like you do not enjoy jogging, swimming, and aerobics. ◆ From what I understand, exercise has never been a part of your life. ◆ It sounds like you are having a hard time finding an activity you enjoy.
I want to lose weight, but with a 6 month old, it is hard to find time to exercise.	<p>Possible responses:</p> <ul style="list-style-type: none"> ◆ You understand the importance of exercising in order to lose weight. ◆ It sounds like you really want to exercise, but you feel you are so busy with your beautiful six month old there is not enough time. ◆ So you feel frustrated because you don't have time to exercise. ◆ It sounds like you are a very busy mom.
I'm hungry but I can't always find time to eat.	<p>Possible responses:</p> <ul style="list-style-type: none"> ◆ It sounds like you're really busy! ◆ You're busy and it seems you may need some help fitting eating into your schedule. ◆ Being a new mom can make life hectic, and meeting baby's needs means you aren't always able to meet your own needs. ◆ You feel you recognize when your body is hungry, and you don't have time to cook and eat a full meal.
I feel so busy since having the baby, and I don't have much of an appetite. I'm exhausted and wish I could sleep more.	<p>Possible responses:</p> <ul style="list-style-type: none"> ◆ I can tell you're putting your baby's needs first. ◆ It sounds like you need some help! ◆ It seems you may be slightly overwhelmed with everything. ◆ It sounds like having a new baby has made it difficult for you to eat and get any sleep.



Activity 4

COMPETENCIES:

- 1. Learner is able to explain the differences between the Stages of Change: Pre-contemplation, Contemplation, Preparation, Action and Maintenance.**
- 2. Learner is able to give one example of an open-ended question used to explore potential behavior change with the WIC participant (see question “c”).**

Mock Scenario: You are certifying a postpartum mom and during your assessment for postpartum women. You ask her to discuss her biggest concerns and she identifies “my weight” and “exercising.” She says she is already working on her diet, and exercise is where she struggles. *She states...*I enjoy going to aerobics classes, but I can’t afford to join a gym right now.

WIC staff reflects: So it sounds like you would take more aerobic classes if it was more affordable.

WIC participant responds: Yes, I would like to lose weight and I always feel better after I exercise.

1. Based on this brief conversation, does this WIC participant seem to understand the advantage of change? **Yes** Why or why not? (WIC PCE – Module 1 of 9 – What Motivates People to Change)
2. What Stage of Change is this WIC participant in? (WIC PCE – Module 1 of 9 – What Motivates People to Change) **Contemplation. The participant thinks she can’t exercise because she can’t afford a gym.**
3. You’re finished with the assessment. You are hoping to move the participant from the contemplation stage to the preparation stage. What can you say or ask the participant to encourage her to start talking about behavior change?
(WIC PCE – Module 1 of 9 – What Motivates People to Change)

Possible responses:

- **Let’s look at the pros and cons.**
- **How important would you say it is for you to find a solution for incorporating affordable exercise into your life? On a scale of 1 to 10, where 1 is not at all important and 10 is extremely important, where would you say you are?**
- **What are the best results you could imagine if you made a change?**
- **If you do change, what do you hope might be different in the future?**

WIC staff asks: How important would you say it is for you to find a solution for incorporating affordable exercise into your life? On a scale of 1 to 10, where 1 is not at all important and 10 is extremely important, where would you say you are?

WIC participant responds: Losing this baby weight and feeling good are very important to me. I would say I am an 8.

WIC staff responds: That’s great! I can tell exercise is very important to you.

Techniques to Introduce Education to the WIC participant

Option #1: WIC staff asks participant to identify their own ideas for change.

What are examples of questions you can ask the participant to begin a conversation about potential solutions? Hint: Ask questions in a way which allow the participant to come up with her own ideas. Keep in mind; you're still hoping to move her from contemplation to preparation.

Possible responses:

- ◆ **What ideas do you have for exercise that might be free or less expensive than a gym membership?**
- ◆ **Tell me more about what you have already tried.**
- ◆ **What have you heard regarding exercise ideas for postpartum moms?**
- ◆ **What would you need to prepare in order to start exercising?**

Option #2: WIC staff asks the participant for permission to share information.

How could you bring up a suggestion for a mom who doesn't have any ideas? Hint: remember to ask permission before sharing.

Possible responses:

- ◆ **May I share with you what other moms told me they do for exercise?**
- ◆ **May I share with you some ideas other moms have for cost-effective exercise?**
- ◆ **May I share with you some recommendations on exercise from the Centers for Disease Control (or maybe reword this so it says its info from doctors??)**
- ◆ **Would you mind if we take a moment to look at the MyPlate resources about physical activity?**

Option #3: WIC staff presents a "list" of possible topics for the participant to choose from (such as with a circle chart format).

1. What are three suitable topics related to physical activity you can offer to talk about with the participant in order to narrow down the focus of the appointment?
(WIC PCE – Module 6 of 9 – Moving from Assessment to Counseling)

Possible responses:

- ◆ **Exercising with your baby**
- ◆ **Affordable exercise (ie: mom walking group, exercise DVD from library)**
- ◆ **Group exercise alternatives (ie: YMCA, a less expensive gym, community center aerobic classes)**
- ◆ **Exercise goals**
- ◆ **Ways to exercise around the house**

2. If necessary, what are options for nutrition education material you might introduce to the WIC participant?

Possible responses:

- ◆ **MyPlate website: www.choosemyplate.gov**
- ◆ **Use of the circle chart to present different topics related to physical activity.**
- ◆ **Other local agency resources**

3. Before offering information, such as the nutrition education material, is it necessary to ask the WIC participant for permission to show her the material? **Yes** Why or why not?

Possible responses:

- ◆ **Asking permission is a technique to show respect.**
- ◆ **Participants often pay closer attention when they have given permission.**

4. Now take a moment to write down how you might ask permission to share information.

Possible responses:

- ◆ **Would you mind if we look at this handout together?**
- ◆ **May I share this handout with you?**
- ◆ **I have a handout you might find helpful. Would you like to look at it together?**
- ◆ **I would like to talk to you about physical activity suggestions. Is that ok?**

WIC staff asks: I have a handout you might find helpful. Would you like to look at it together?

WIC participant responds: Sure.

WIC staff and WIC participant review one to two key points of the handout together.

1. What might the staff person say to the participant after reviewing the handout? Choose the best answer(s).

- a. Which of these ideas can you see working for you?
- b. How do you feel about using one of these suggestions right now?
- c. Can you see how many options you have now? **(not as appropriate as the other responses because it is a closed question and leading question)**
- d. If you decide to include activities like these into your daily life, what would need to change?

2. Last but not least, use the participant's response in number "1" to set a goal with the participant.

Write a closing statement that includes a brief summary of the visit. Include:

- ✓ Participant's identified goal(s) (make one up)
- ✓ Expression of appreciation
- ✓ Expression of confidence and hope

Look to see if the goal is measureable – praise the learner for a well written goal.

If the goal isn't measureable, discuss the importance of briefly defining "who, what, when and how" with goals and summarizing.

Module 2: Behaviors, Issues and Outcomes



Activity 5

ACROSS:

1. A long term health risk associated with a woman being overweight or obese. (Module 1, page 17)
Heart Disease
3. What is the substance found in coffee, and some sodas and teas that transfer through breast milk to the infant? (Module 2, page 6) **Caffeine**
5. Mood swings, crying easily and for no reason, and uncertainty about caring for a new baby are three symptoms of this postpartum medical issue. (Module 2, page 14) **Baby blues**
6. Postpartum women are recommended to decrease this “greasy” ingredient in foods to help return to a healthy weight. (Module 1, page 14) **Fat**
10. Overweight and obese women experience more infertility and are at an increased risk of having a baby with _____ defects. (Module 1, page 17) **Birth**
11. If a breastfed baby is experiencing a weak suck, irritability, excess drowsiness, weakness, and decreased linear growth, what substance in the mother’s breast milk might be causing this? (Module 2, page 10) **Alcohol**
12. Postpartum women are recommended to decrease this “simple” ingredient in foods to help return to a healthy weight. (Module 1, page 14) **Sugar**
13. What vitamin is important for all postpartum women to take to help prevent up to 70% of neural tube defects? (Module 1, page 6) **Folic Acid**

DOWN:

2. Another name for high blood pressure, and a long term health risk associated with a woman being overweight or obese. (Module 1, page 17) **Hypertension**
3. Women ages 19 and older need 1000 milligrams per day of this mineral important for bone health. (Module 1, page 7) **Calcium**
4. Regarding oral health, parents should avoid sharing this cleaning tool with their child. (Module 2, page 7) **Toothbrush**
7. This medical issue refers to high blood sugar levels which develop during pregnancy. (Module 2, page 12) **Gestational Diabetes**
8. Stretching your muscles improves this and is a benefit to incorporating physical activity into a postpartum woman’s life. (Module 2, page 4) **Flexibility**
9. Incorporating physical activity into a postpartum woman’s life improves this type of fitness. (Module 2, page 4) **Aerobic**
14. An infant exposed to this is at an increased risk of Sudden Infant Death Syndrome (SIDS), ear infections, and respiratory illnesses. (Module 2, page 8) **Second Hand Smoke**

Postpartum Nutrition Post Test

1. Select all foods that are rich in folate. (2 pts.)
 - a. **Legumes**
 - b. Grapefruit
 - c. **Fortified cereals and breads**
 - d. **Leafy greens**
 - e. **Orange juice**
2. Why is it recommended to space pregnancies at least one year apart? Select all true statements. (2 pts.)
 - a. **Gives the body time to replenish nutrients, like iron and folic acid**
 - b. **Decreases the risk of having a low birth weight baby**
 - c. Ensures the child is ready for a sibling
 - d. **Allows the body to reach a healthy weight before the next pregnancy**
3. True or **False**? Substituting low-fat and fat-free dairy products in place of regular dairy foods will prevent all symptoms of lactose intolerance. (1 pt.)
4. Postpartum physical changes may include: (Select all that apply.) (2 pts.)
 - a. **uterine contractions.**
 - b. **breast swelling.**
 - c. **vaginal discharge.**
 - d. **hemorrhoids.**
 - e. **constipation.**
 - f. **headaches, shoulder pain, back pain, fatigue.**
 - g. **stretch marks, varicose veins.**
 - h. **loss of large amount of hair.**
5. True or **False**? It is safe for women using illicit drugs (street drugs) to breastfeed. (1 pt.)
6. Identify all statements that are true about postpartum nutrition. (2 pts.)
 - a. Iron needs are decreased in postpartum women.
 - b. **Some postpartum women avoid milk and milk products to cut back on fat and calories.**
 - c. **Sources of calcium include dairy products, leafy greens, canned fish with bones and certain nuts and seeds.**
 - d. Due to their age, postpartum teens are at lower nutritional risk.
7. What are the four steps of food safety? (1 pt.)
 - a. Separate, Clean, Cook, Maintain
 - b. Clean, Cook, Separate, Heat
 - c. **Clean, Separate, Cook, Chill**
 - d. Cook, Clean, Chill, Reheat

8. Identify which factor(s) contribute to weight loss after pregnancy. (1 pt.)
- Amount of fat gained during pregnancy
 - Metabolism and diet
 - Activity level
 - Breastfeeding
 - All of the above**
9. Due to blood loss from surgery, women who have had a C-section need more: (1 pt.)
- vitamin B12, calcium, iron and protein.
 - fluids, vitamin D, carbohydrates and sleep.
 - sleep, pain medication, fluids and food.
 - protein, vitamin C, iron and fluids.**
10. **True** or False? Postpartum women consuming vegetarian diets can receive all the necessary nutrients for their body through food. (1 pt.)
11. True or **False**? As a WIC counselor, it is okay to diagnosis a woman with postpartum depression. (1 pt.)
12. Select all tips related to physical activity that are recommended for postpartum women: (2 pts.)
- Stay in on rainy or very hot days with an exercise video from the library.**
 - Take a brisk walk with the baby stroller.**
 - If there are safety concerns, walk in a mall or with friends.**
 - Walk more, dance more, play more – simply keep moving more as part of an active lifestyle.**
 - Check with your doctor first. Most women are ready for physical activity six weeks postpartum .**
13. **True** or False? Breastfeeding mothers may transfer caffeine to infants, leading to wakefulness and irritability. (1 pt.)
14. True or **False**? Gestational diabetes is the same as type 1 or type 2 diabetes. (1 pt.)
15. A healthy, well-balanced diet after delivery will help: (1 pt.)
- replenish nutrient stores.
 - meet current nutritional needs.
 - prepare for future pregnancies.
 - all of the above.**

16. A postpartum mom is in your office for her WIC appointment. She tells you that she had gestational diabetes and is worried that she still has it. Choose the best response as her WIC counselor. (2 pts)
- a. “Yes, you are probably right. If you had it then, you have it now. You should see a doctor.”
 - b. “Gestational diabetes develops during pregnancy and usually goes away after delivery. Tell me more. What has your doctor said about that?”**
 - c. “Well, you are overweight. Overweight women develop gestational diabetes. What has your doctor said about this?”
 - d. “No, you don’t have it. Gestational diabetes goes away. You should be fine.”