

# **Before and Between Babies!**

## *Stay Strong with Iron*

Self-Directed Education for Pregnant and Post-Partum Women



Family Playing Bubbles. Courtesy of [WIC Image Gallery](#).

**Special acknowledgement to the following organizations that developed this lesson:**  
**Washtenaw County (MI) WIC Program**  
**Michigan WIC Nutrition Education Advisory Team**

**Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan**  
[www.michigan.gov/wic](http://www.michigan.gov/wic) August 2014. Revised September 2016.

**This institution is an equal opportunity provider.**

# Michigan WIC Nutrition Education Lesson Plan

## I. Title: **Before and Between Babies! Stay Strong with Iron**

## II. Suggested MI-WIC NE Topics: Medical: Iron Deficiency Anemia, Vitamins/Minerals: Iron

## III. Learning Objectives:

1. The client will learn at least one strategy they plan to either change or continue to get enough iron.
2. The client will advance in a stage of behavior change intent or continue if in action or maintenance stage.

## IV. Target Group: Pregnant and post-partum women

## V. Learning Activities/Method: Self-directed education

## VI. Materials Needed:

1. *Before and Between Babies! Stay Strong with Iron* binder with tabs A-E, one copy of the lesson module (one sheet protector per page)
2. “Client Feedback Form” (one per client)
3. “Client Feedback Form Key”
4. Reinforcements: Extra copies of the nutrition education handouts (see listing and links below)

## VII. Equipment and Facilities Needed: Table and chair

## VIII. Approximate Time: 20-30 minutes

## IX. Outline of Content:

1. Introduction: Each client will be welcomed by a WIC staff member who introduces himself or herself to the client.
2. The WIC Nutrition Educator/CPA/RD will discuss their interests with the client and will invite them to use the *Before and Between Babies! Stay Strong with Iron* binder for nutrition education.
3. The client will turn to the appropriate sections in response to questions as they read through the *Before and Between Babies! Stay Strong with Iron* binder. If the client has difficulty the nutrition educator may assist them.
4. One or more of the following reading materials can be included with the appropriate tab:

### Tab A – Maintenance

“How Much Iron Am I Getting?”

<http://www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-HowMuchIronAmIGetting.pdf>

Readability – Grade 8

“Stay Strong with Iron.”

<http://www.onlineordersff.com/images/pdfs/6706.pdf>

Readability – Grade 7

(Also available in Spanish <http://www.onlineordersff.com/images/pdfs/6707.pdf>)

### **Tab B – Action**

“How Much Iron Am I Getting?”

<http://www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-HowMuchIronAmIGetting.pdf>

Readability – Grade 8.

“Stay Strong with Iron.”

<http://www.onlineordersff.com/images/pdfs/6706.pdf>

Readability – Grade 7

(Also available in Spanish <http://www.onlineordersff.com/images/pdfs/6707.pdf>)

“Why Do I Need Iron?”

<http://dphhs.mt.gov/Portals/85/publichealth/documents/WIC/Families/FamilyNutrition/IronAnemia.pdf>

Readability – Grade 6

### **Tab C – Preparation**

“Choose Foods With Iron.”

<https://utextension.tennessee.edu/publications/Documents/SP505-B.pdf>

Readability - Grade 9

“How Much Iron Am I Getting?”

<http://www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-HowMuchIronAmIGetting.pdf>

Readability – Grade 8

“Why Do I Need Iron?”

<http://dphhs.mt.gov/Portals/85/publichealth/documents/WIC/Families/FamilyNutrition/IronAnemia.pdf>

Readability – Grade 6

“You Can Get the Iron You Need!”

[http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Documents/703\\_engl\\_iron.pdf](http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Documents/703_engl_iron.pdf)

Readability – Grade 5

Also available in Spanish at

[http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Documents/703\\_span\\_iron.pdf](http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Documents/703_span_iron.pdf)

### **Tab D – Contemplation**

“Anemia: After Pregnancy.” (Print pdf - Anemia Patient Handout)

[http://www.everywomancalifornia.org/content\\_display.cfm?categoriesID=120&contentID=359](http://www.everywomancalifornia.org/content_display.cfm?categoriesID=120&contentID=359)

Readability – Grade 13

“Choose Foods With Iron.”

<https://utextension.tennessee.edu/publications/Documents/SP505-B.pdf>

Readability - Grade 9

“Iron.”

<http://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/4444.pdf>

Readability - Grade 10

“Why Do I Need Iron?”

<http://dphhs.mt.gov/Portals/85/publichealth/documents/WIC/Families/FamilyNutrition/IronAnemia.pdf>

Readability – Grade 6

#### **Tab E – Pre-Contemplation**

“Iron.”

[http://www.nal.usda.gov/wicworks/Sharing\\_Center/NJ/Iron.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/NJ/Iron.pdf)

Readability - Grade 6

“Why Do I Need Iron?”

<http://www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-WhyDoINeedIron.pdf>

Readability – Grade 10

“Why Do I Need Iron?”

<http://dphhs.mt.gov/Portals/85/publichealth/documents/WIC/Families/FamilyNutrition/IronAnemia.pdf>

Readability – Grade 6

#### **X. Staff Trained to Present:** RD, CPA or another trained nutrition education staff

#### **XI. Evaluation Method:**

1. The client will complete the “Client Feedback Form.” The “Client Feedback Form” encourages clients to think about and describe what they learned and what they plan to change or continue to improve their iron intake. WIC staff can use the “Client Feedback Form Key” to identify the stage of change intent for follow up.
2. The client will be offered an opportunity to speak to a WIC Nutrition Educator/CPA/RD.

#### **XII. References:**

“Anemia: After Pregnancy.” *Interconception Care Project of California*. Every Woman California. Preconception Health Council of California. 12 Oct. 2011. Web. 21 Jun. 2016. <[http://www.everywomancalifornia.org/content\\_display.cfm?categoriesID=120&contentID=359](http://www.everywomancalifornia.org/content_display.cfm?categoriesID=120&contentID=359)>.

Approval. Photograph. *Pixabay*. Pixabay. 23 Feb. 2012. Web. 20 Jun. 2016. <<http://pixabay.com/en/approval-female-gesture-hand-happy-15914/>>.

Baby Face. Photograph. *Pixabay*. Pixabay. 16 Oct. 2013. Web. 20 Jun. 2016. <<http://pixabay.com/en/baby-portrait-face-cute-195669/>>.

Baby in Sling. Photograph. *WIC Works Sharing Gallery*. WIC Works Resource System. 2005. Web. 20 Jun. 2016. <[http://www.nal.usda.gov/nal\\_web/wicworks/resources/WICImages/Image4-93DPI.jpg](http://www.nal.usda.gov/nal_web/wicworks/resources/WICImages/Image4-93DPI.jpg)>.

Black Beans. *Pixabay*. Pixabay. 17 Feb. 2012. Web. 20 Jun. 2016. <<http://pixabay.com/en/beans-black-background-14522/>>.

Bread Rolls. Photograph. *Pixabay*. Pixabay. 21 Feb. 2013. Web. 20 Jun. 2016.  
<<http://pixabay.com/en/bread-roll-crispy-delicious-83242/>>.

Breakfast Cereal. Photograph. *Pixabay*. Pixabay. 17 Dec. 2013. Web. 20 Jun. 2016.  
<<http://pixabay.com/en/cornflakes-breakfast-macro-eat-229471/>>.

Cereal Bowl. Photograph. *Flickr*. Flickr. N.d. Web. 20 Jun. 2016.  
<<https://www.flickr.com/photos/29820142@N08/5399595876/>>.

Cereal Stripes. Photograph. *Pixabay*. Pixabay. 1 Mar. 2012. Web. 20 Jun. 2016.  
<<http://pixabay.com/en/food-wallpaper-abstract-cheerios-20503/>>.

Chaglar, Alkan. Dinner Plate. Photograph. *Flickr*. Flickr. N.d. Web. 20 Jun. 2016.  
<<https://www.flickr.com/photos/alkanchaglar/457087005/>>.

“Choose Foods With Iron.” *The University of Tennessee*. University of Tennessee Extension. Mar. 2006. Web. 20 Jun. 2016.  
<<https://utextension.tennessee.edu/publications/Documents/SP505-B.pdf>>.

Daniella Sigura. Spinach. Photograph. *Flickr*. Flickr. 27 Mar. 2011. Web. 20 Jun. 2016.  
<<http://www.flickr.com/photos/77568040@N08/8484163552/>>.

“Family Playing Bubbles.” Photograph. WIC Image Gallery. *WIC Works Resource System*. United States Department of Agriculture. N.d. Web. 20 Jun. 2016.  
<[http://www.nal.usda.gov/nal\\_web/wicworks/resources/WICImages/Image22-150DPI.jpg](http://www.nal.usda.gov/nal_web/wicworks/resources/WICImages/Image22-150DPI.jpg)>.

Family Playing Music. Photograph. *WIC Works Sharing Gallery*. WIC Works Resource System. United States Department of Agriculture. N.d. Web. 20 Jun. 2016.  
<[http://www.nal.usda.gov/nal\\_web/wicworks/resources/WICImages/Image16-93DPI.jpg](http://www.nal.usda.gov/nal_web/wicworks/resources/WICImages/Image16-93DPI.jpg)>.

Fried Rice. Photograph. *Pixabay*. Pixabay. 14 Jun. 2013. Web. 20 Jun. 2016.  
<<http://pixabay.com/en/rice-fried-travel-delicious-eat-139171/>>.

“How Much Iron Am I Getting?” *Handouts for the California Nutrition and Physical Activity Guidelines for Adolescents*. California Department of Public Health. 7 Jan. 2013. Web. 20 Jun. 2016. <<http://www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-HowMuchIronAmIGetting.pdf>>.

“Iron.” *Illinois Department of Human Services*. Illinois Department of Human Services. N.d. Web. 20 Jun. 2016.  
<<http://www.dhs.state.il.us/OneNetLibrary/27897/documents/Brochures/4444.pdf>>.

“Iron.” *WIC Works Sharing Gallery*. WIC Works Resource System. 2005. Web. 20 Jun. 2016.  
<[http://www.nal.usda.gov/wicworks/Sharing\\_Center/NJ/Iron.pdf](http://www.nal.usda.gov/wicworks/Sharing_Center/NJ/Iron.pdf)>.

Kale. Photograph. *Pixabay*. Pixabay. 21 Feb. 2013. Web. 20 Jun. 2016.  
<<http://pixabay.com/en/cabbage-curly-detail-diet-food-84455/>>.

Ligthelm, Rick. Fresh Picked Vegetables. Photograph. *Flickr*. Flickr. 13 Nov. 2013. Web. 20 Jun. 2016. <<http://www.flickr.com/photos/ligthelm/10866943666/>>.

Odonata. Toasted Oats. Photograph. *Flickr*. Flickr. N.d. Web. 20 Jun. 2016.  
<<http://www.flickr.com/photos/29820142@N08/5399595876/sizes/m/in/photostream/>>.

Pasta Salad Tapas. Photograph. *Pixabay*. Pixabay. 10 Jan. 2014. Web. 20 Jun. 2016.  
<<http://pixabay.com/en/pasta-salad-tapas-241112/>>.

Phams, Michael. Chicken Dinner. Photograph. *Flickr*. Flickr. N.d. Web. 20 Jun. 2016. <<http://www.flickr.com/photos/michaelphams/4525190868/sizes/m/in/photostream/>>.

Pregnant Mom. Photograph. *Pixabay*. Pixabay. 8 Feb. 2013. Web. 20 Jun. 2016. <<http://pixabay.com/en/family-pregnant-woman-baby-78710/>>.

*The Readability Test Tool*. David Simpson. N.d. Web. 20 Jun. 2016. <<http://read-able.com/>>.

Spaghetti Dinner. Photograph. *Flickr*. Flickr. N.d. Web. 20 Jun. 2016. <<http://www.flickr.com/photos/jshj/824608884/sizes/m/in/photostream/>>.

“Stay Strong with Iron.” *WIC Catalog*. Texas Department of State Health Services. May 2013. Web. 20 Jun. 2016. <<http://www.onlineordersff.com/images/pdfs/6706.pdf>>.

“Why Do I Need Iron?” *Handouts for the California Nutrition and Physical Activity Guidelines for Adolescents*. California Department of Public Health. 7 Jan. 2013. Web. 20 Jun. 2016. <<http://www.cdph.ca.gov/programs/NutritionandPhysicalActivity/Documents/MO-NUPA-WhyDoINeedIron.pdf>>.

“Why Do I Need Iron?” *Montana WIC*. Montana Department of Public Health and Human Services. N.d. Web. 01 Jul. 2016. <<http://dphhs.mt.gov/Portals/85/publichealth/documents/WIC/Families/FamilyNutrition/IronAnemia.pdf>>.

“You Can Get the Iron You Need!” *WIC Publications*. Oregon Health Authority. Dec. 2011. Web. 20 Jun. 2016. <[http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Documents/703\\_engl\\_iron.pdf](http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Documents/703_engl_iron.pdf)>.



