

Pregnancy Pointers

Self-Directed Education for Pregnant Women



Active Pregnancy. Courtesy of [futurestreet/Flickr](#).

**This lesson was created by the Michigan WIC Program using Prochaska's stages of change model.
Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan.**

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Michigan WIC Nutrition Education Lesson Plan

- I. **Title: Pregnancy Pointers**
- II. **Target Group:** Pregnant women
- III. **Suggested MI-WIC NE Topics:** Exercise and Nutrition, Nutrition: Pregnant, Weight: Healthy Weight
- IV. **Learning Objectives:**
 1. The client will learn at least one strategy they plan to change or continue to have a healthy pregnancy.
 2. The client will advance in a stage of behavior change intent or continue if in action or maintenance stage.
- V. **Learning Activities/Method:** Self-directed education
- VI. **Materials Needed:**
 1. *Pregnancy Pointers* 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 will introduce himself or herself.
 2. The WIC Nutrition Educator/CPA/RD will discuss the interests with the client and invite them to use the *Pregnancy Pointers* binder for their nutrition education.
 3. The client will turn to the appropriate sections in response to questions as they read through the *Pregnancy Pointers* 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
“Fit for Two: Tips for Pregnancy.” (**Print pp. 16-18 of the booklet only**)
<http://win.niddk.nih.gov/publications/PDFs/fitfortwo.pdf>
Readability – Grade 9
“Your Guide to Pregnancy.” (**Print pp. 7 & 9 of the booklet only**)
<http://www.onlineordersff.com/images/pdfs/13129.pdf>
Readability – Grade 10
(Also available in Spanish at <http://www.onlineordersff.com/images/pdfs/13130.pdf>)

Tab B – Action

“Fit for Two: Tips for Pregnancy.” (Print pp. 10-13 of the booklet only)

<http://win.niddk.nih.gov/publications/PDFs/fitfortwo.pdf>

Readability – Grade 8

“Healthy Eating During Pregnancy.” (Print pp. 1-4 only)

<http://www.foodinsight.org/Content/3651/RevisedHealthyEatingPregnancy809.pdf>

Readability – Grade 11

Tab C – Preparation

“Healthy Eating During Pregnancy.” (Print pp. 1-4 only)

<http://www.foodinsight.org/Content/3651/RevisedHealthyEatingPregnancy809.pdf>

Readability – Grade 11

“Tips for Pregnant Moms.” (Print pp. 1-2 only)

<http://www.nal.usda.gov/wicworks/Topics/PregnancyFactSheet.pdf>

Readability – Grade 8

(Also available in Spanish at

<http://www.nal.usda.gov/wicworks/Topics/PregnancyFactSheet.pdf>)

Tab D – Contemplation

“Fit for Two: Tips for Pregnancy.” (Print pp. 6-7 of the booklet only)

<http://win.niddk.nih.gov/publications/PDFs/fitfortwo.pdf>

Readability – Grade 8

“Your Guide to Pregnancy.” (Print pp. 4-6 of the booklet only)

<http://www.onlineordersff.com/images/pdfs/13129.pdf>

Readability – Grade 8

(Also available in Spanish at <http://www.onlineordersff.com/images/pdfs/13130.pdf>

and Vietnamese at <http://www.onlineordersff.com/images/pdfs/13258.pdf>)

Tab E – Pre-Contemplation

“Healthy Eating During Pregnancy.” (Print pp. 7-8 only)

<http://www.foodinsight.org/Content/3651/RevisedHealthyEatingPregnancy809.pdf>

Readability – Grade 11

“I Didn’t Know! My Weight Matters.”

<http://doh.sd.gov/family/assets/Brochure.pdf>

Readability – Grade 8

X. Evaluation Method:

1. The client will complete the “Client Feedback Form.” The “Client Feedback Form” encourages clients to think about what they learned and what they plan to change or continue to have a healthy pregnancy.
2. The client will be offered an opportunity to speak to a WIC Nutrition Educator/CPA/RD.

XI. Staff Trained to Present: RD, CPA or another trained nutrition education staff

XII. References:

- Approval. Photograph. *Pixabay*. Pixabay. 23 Feb. 2012. Web. 20 Jun. 2016. <<http://pixabay.com/en/approval-female-gesture-hand-happy-15914/>>.
- “Active Pregnancy.” Photograph. *Flickr*. Flickr. N.d. Web. 20 Jun. 2016. <<http://www.flickr.com/photos/futurestreet/3315221974/sizes/n/in/photostream/>>.
- Baby Belly. Photograph. *Pixabay*. Pixabay. 12 Oct. 2013. Web. 20 Jun. 2016. <<http://pixabay.com/en/pregnant-belly-mother-maternity-193850/>>.
- Darling, Molly. Photograph. *Jesica_8*. Flickr, 23 Jan. 2009. Web. 20 Jun. 2016. <https://www.flickr.com/photos/molly_darling/3223516821/in/photostream/>.
- “Fit for Two: Tips for Pregnancy.” *Weight-control Information Network*. U.S. Department of Health and Human Services. NIH. National Institute of Digestive and Diabetes and Kidney Diseases. 31 Jan. 2013. Web. 18 Sep. 2016. <<http://win.niddk.nih.gov/publications/PDFs/fitfortwo.pdf>>.
- Green Apple. Photograph. *Pixabay*. Pixabay. 2 Feb. 2012. Web. 20 Jun. 2016. <<http://pixabay.com/en/apple-diet-healthy-eating-food-18721/>>.
- “Healthy Eating During Pregnancy.” *Food Insight*. International Food Information Council Foundation. 20 Jun. 2011. Web. 18 Sep. 2016. <<http://www.foodinsight.org/Content/3651/RevisedHealthyEatingPregnancy809.pdf>>.
- Nice Apples. Photograph. *Pixabay*. Pixabay. 21 Nov. 2013. Web. 20 Jun. 2016. <<http://pixabay.com/en/nice-apples-green-eating-healthy-214170/>>.
- Preeclampsia. Photograph. Wikimedia Commons. *Wikimedia Commons*. 14 Mar. 2008. Web. 20 Jun. 2016. <<http://commons.wikimedia.org/wiki/File:Preeclampsia.nih.jpg>>.
- Pregnant Exercise. Photograph. *Flickr*. Flickr. 04 Apr. 2012. Web. 20 Jun. 2016. <<http://www.flickr.com/photos/lindaaslund/2384113340/sizes/m/in/photostream/>>.
- Pregnant Woman. Photograph. *Pixabay*. Pixabay. 08 Feb. 2013. Web. 20 Jun. 2016. <<http://pixabay.com/en/family-pregnant-woman-baby-78710/>>.
- The Readability Test Tool*. WebpageFX. 2016. Web. 18 Sep. 2016. <<http://www.webpagefx.com/tools/read-able/>>.
- Salad. Photograph. *Pixabay*. Pixabay. 03 Mar. 2012. Web. 20 Jun. 2016. <<http://pixabay.com/en/breakfast-dinner-egg-food-fresh-21707/>>.
- “Tips for Pregnant Moms.” *Pregnancy*. WIC Works Resource System. U.S. Department of Agriculture. 28 Feb. 2014. Web. 18 Sep. 2016. <<http://www.nal.usda.gov/wicworks/Topics/PregnancyFactSheet.pdf>>.
- “A Woman Walking Her Dog.” Photograph. SNAP Photo Gallery. *SNAP-Ed Connection*. U.S. Department of Agriculture. 7 Feb. 2014. Web. 20 Jun. 2016. <<http://snap.nal.usda.gov/woman-walking-her-dog>>.
- “Your Guide to Pregnancy.” *Texas WIC Stock Number 13-06-14098*. Texas Department of State Health Services. Oct. 2013. Web. 18 Sep. 2016. <<http://www.onlineordersff.com/images/pdfs/13129.pdf>>.



Pregnancy Pointers

Client Feedback Form

Name: _____ Family #: _____

Congratulations on completing this lesson!

Which section did you read? Circle one: A B C D E

Please answer the following:

Did you enjoy this topic? Yes No

Did you learn something to help you have a healthy pregnancy? Yes No

Tell us one thing you learned today:

Check ONE statement that best describes you:

- I plan to *continue* eating healthy foods and exercising to have a healthy pregnancy.
- I plan to *start* eating healthy foods and exercising to have a healthy pregnancy, *soon*.
- I am *thinking about* eating healthy foods and exercising to have a healthy pregnancy, *someday*.
- I *don't plan to change* my eating habits and exercise to have a healthy pregnancy.

If you plan to make changes, please tell us what they are:

Would you like to talk to a WIC nutritionist? Yes No

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| Staff Use Only |
| MI-WIC NE Topics: Exercise and Nutrition, Nutrition: Pregnant, |
| Weight: Healthy Weight |
| MI-WIC Recorded by: |
| Staff initials: |

