



Michigan WIC

Nutrition Education Module for
State Sharing

Tips for Healthy Kids

Self-Directed, Individual, or Group Nutrition Education
for Parents and Caregivers



Parents With Two Young Children Play Outside With a Handball. Courtesy of [SNAP Photo Gallery](#).

We wish to acknowledge the following for their contributions in development of this lesson:
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Michigan WIC Nutrition Education Lesson Plan

Title: Tips for Healthy Kids

Learning Activities/Method: Self-directed, individual, or group nutrition education.

Target Group: Children and their parents/caregivers who need strategies to have a healthy weight.

This lesson may especially appeal to clients with limited reading ability or Internet access for a nutrition education encounter. It is suitable for clients in the pre-contemplation, contemplation, preparation, action, and maintenance stages. The materials used for this lesson are available only in English.

Learning Objectives: By the end of the session, parents and/or caregivers of children will:

1. Be able to state why it is important for children to have a healthy weight.
2. Identify at least one strategy they plan to try, change or continue.
3. Advance in a stage of behavior change or continue if in the maintenance stage.

Suggested MI-WIC Topics: *General/Family:* Exercise and Nutrition; Shop Smart/Meal Planning; Snacks; Vegetables and Fruits – NP *Individual:* Excessive Use of Liquids; Healthy Weight; Parenting at Mealtime; Growth Expectations; Toddler/Preschool Nutrition.

Staff Qualified to Present: RD, CPA or other trained nutrition education staff.

Materials Needed:

Tips for Healthy Kids module which includes:

- *Tips for Healthy Kids Lesson Plan*
- *Tips for Healthy Kids Instructions* form
- *Tips for Healthy Kids Before/After* form
- *Tips for Healthy Kids Before/After Key*

DVD: “Preventing Childhood Obesity” (9:54 minutes). Available for purchase at <http://www.lemonaidfilms.com/index.html>.

DVD player and screen.

Note: A *Tips for Healthy Kids Instruction* form and *Before/After* form insert is included inside the DVD case for clients using this for take-home nutrition education.

Supplemental Educational Resources (optional):

- From Michigan WIC: *Eating for Health and Fun* (DCH-0275, DCH-0275s), *Happy, Healthy, Active Children* (DCH-1303T, DCH-1303P, DCH-1304T, DCH-1304P, DCH-1305T, DCH-1305P), *Meals and Snacks-Toddler 12 to 35 months* (DCH1300T), *Meals and Snacks-Preschooler* (DCH-1300P), *Meals and Snacks* (DCH1301T, DCH-1301P, DCH1302T, DCH-1302P).

- *Nutrition Education Publications Annotated List. Michigan WIC Program.*
<http://www.michigan.gov/documents/mdch/Annotated_Nut_Ed_Publications_List_FINAL2_360053_7.pdf>
- *Be An Active Family.*
<http://content.govdelivery.com/attachments/USDACNPP/2013/04/11/file_attachments/203375/DG_Tipsheet29BeAnActiveFamily.pdf>
- Feeding Your 1 to 5 Year Old Development Committee. *Feeding Your 2 to 5 Year Old, Building Good Eating Habits.* 2012. Dairy Council of Michigan. Okemos, MI.
- *Healthy Eating for Preschoolers.* <<http://www.nal.usda.gov/wicworks/Topics/Preschooler.pdf>>.
- *Healthy Tips for Active Play.* <<http://www.nal.usda.gov/wicworks/Topics/TipsPlay.pdf>>.
- *Easy Toddler Meals.* <<http://stores.numatters.com/easy-toddler-meals/>>.
- *5-2-1-0. Eat. Reduce. Play. Limit.* <http://www.leechd.com/WIC/Documents/HWC-18112_trifold_ver2.pdf> OR <<http://www.healthylee.com/assets/5210-poster.pdf>>.

Outline of Content:

1. Introduce self and welcome client(s) warmly. Ask client(s) to complete the *Before* section of the *Before/After* form.
2. Discuss client's interests and explain the contents of the DVD (viewing time 9:54 minutes).

Guidance: Use more neutral terms when discussing a child's weight with a parent/caregiver (e.g. weight disproportional to height, excess weight). The goal in WIC nutrition counseling is to help the child achieve recommended rates of growth and development.

Talking points may include:

- All parents want their children to grow up happy and healthy. Parents can model healthy habits.
- You can start making changes gradually by doing 5, 2, 1, 0. This means eat five (5) servings of fruits and vegetables every day, limit screen time to two (2) hours or less each day (none for toddlers under 2 years old), strive for one (1) hour of physical activity daily and (0) limit sugar-sweetened drinks.
- Making changes involves the whole family in meal preparation and activities, one small step at a time.
- The parent is responsible for what, when, and where to eat and the child is responsible for how much and whether to eat.

- The parents' jobs are to trust children to decide how much and whether to eat. If parents do their jobs with feeding, children will do their jobs with eating.
3. Clients will view the DVD. Clients can keep track of their activities using the *Instructions* if completing this as a self-directed activity. The activities can be completed at the WIC clinic or the DVD could be sent home with the client. Additional nutrition education materials can be provided to reinforce messages viewed on the DVD.
 4. After completing the activities, the parent or caregiver will complete the *After* section on the *Before/After* form and return it to their WIC office or follow up per agency policy/procedure.

Note: Adapt as needed when using this for self-directed (including take-home) nutrition education.

Evaluation Method: *Before/After* form completed by the parent or caregiver. The form encourages clients to think about and describe what they learned and what they plan to change to promote a healthy weight. It identifies whether or not a client has advanced in a stage of change (or is continuing in maintenance stage).

The WIC nutrition educator/CPA/RD will discuss interests with clients when they return the completed *Before/After* form to complete a nutrition education encounter.

References:

“5-2-1-0. Eat. Reduce. Play. Limit.” *Getting on WIC*. Florida Health Lee County. 2007. Web. 11 Feb. 2014. <http://www.leechd.com/WIC/Documents/HWC-18112_trifold_ver2.pdf>.

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“Be An Active Family.” *10 Tips Nutrition Education Series*. ChooseMyPlate.gov. U.S. Department of Agriculture. Food and Nutrition Service. Apr. 2013. Web. 12 Feb. 2014. <http://content.govdelivery.com/attachments/USDACNPP/2013/04/11/file_attachments/203375/DGTipsheet29BeAnActiveFamily.pdf>.

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Feeding Your 1 to 5 Year Old Development Committee. *Feeding Your 2 to 5 Year Old, Building Good Eating Habits*. Dairy Council of Michigan. Okemos, MI. 2012.

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

“Healthy Tips for Active Play.” *WIC Works Sharing Gallery*. U.S. Department of Agriculture. Food and Nutrition Service. May 2012. Web. 30 Mar. 2014.

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<<http://www.iom.edu/~media/Files/Report%20Files/2011/Early-Childhood-Obesity-Prevention-Policies/Young%20Child%20Obesity%202011%20Recommendations.pdf>>.

Michigan WIC Nutrition Education Advisory Team. “Nutrition Education Publications Annotated List.” *Nutrition Education and Publication Resources*. Michigan Department of Community Health. 2013. Web. 30 Mar. 2014.

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Satter, E. “Prevention of Childhood Overweight in the Community: Satter Feeding Dynamics Model.” *The Feeding and Eating Experts*. Ellyn Satter Institute. 2012. Web. 30 Mar. 2014.

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Tips for Healthy Kids

Instructions



Parents With Two Young Children Play Outside With a Handball.
Courtesy of [SNAP Photo Gallery](#).

This DVD is full of ideas to promote a healthy weight. It explains why a healthy weight is important and simple ways to make changes. It also offers lots of ideas for eating healthy, being active, and changing habits.

Check the boxes as you go:

- Answer the *Before* questions on the *Before/After* form.
- Watch the DVD.
- Answer the *After* questions on the *Before/After* form.
- Return the *Before/After* form to your WIC clinic or contact your clinic.

Questions? Contact your local WIC agency at _____

Other fun activities to do with your family:

- **Make a game of finding interesting fruits and vegetables while shopping.**
- **Prepare and eat healthy meals together.**
- **Check the serving sizes on nutrition labels together.**
- **Try eating out of smaller bowls and plates.**

Staff Only:

Family # _____

Initials _____

***Tips for Healthy Kids
Before/After***

Before

Before watching the DVD, please check **ONE** statement that best describes you:

- I have been providing healthy foods and helping my child to be active for several months.
- I have started providing healthy foods and helping my child to be active.
- I want to start providing healthy foods and helping my child to be active, soon.
- I am thinking about providing healthy foods and helping my child to be active, someday.



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

After

After watching the DVD, please check **ONE** statement that best describes you:

- I plan to *continue* providing healthy foods and helping my child be active.
- I plan to *start* providing healthy foods and helping my child to be active, *soon*.
- I am *thinking about* providing healthy foods and helping my child to be active, *someday*.
- I *don't plan to change* what I'm doing for foods and activities for my child.

Please share at least one thing you plan to try, change or continue about eating healthy foods and activities with your child.

Did you like this learning opportunity? Yes No, please share why below.

Key

Tips for Healthy Kids Before/After

Before The statements below reflect a client's stage of change (listed after each statement) prior to watching the DVD.

Before watching the DVD, please check **ONE** statement that best describes you:

- I have been providing healthy foods and helping my child to be active for several months. *Maintenance*
- I have started providing healthy foods and helping my child to be active. *Action*
- I want to start providing healthy foods and helping my child to be active, soon. *Preparation*
- I am thinking about providing healthy foods and helping my child to be active, someday. *Contemplation*



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

After The statements below reflect a client's stage of change intent (listed after each statement) after watching the DVD.

After watching the DVD, please check **ONE** statement that best describes you:

- I plan to continue providing healthy foods and helping my child be active. *Maintenance/Action*
- I plan to start providing healthy foods and helping my child to be active, soon. *Preparation*
- I am thinking about providing healthy foods and helping my child to be active, someday. *Contemplation*
- I don't plan to change what I'm doing for foods and activities for my child. *Pre-Contemplation*

Responses provided below could be used for client feedback and/or counseling.

Please share at least one thing you plan to try, change or continue about eating healthy foods and activities with your child.

Did you like this learning opportunity? Yes No, please share why below.
